



Experts in Arthritis

A FREE public seminar for people with arthritis and people who care about them

Meet experts in arthritis care who will inform you about current scientific evidence and management strategies in the treatment of osteoarthritis, rheumatoid arthritis and juvenile arthritis.

Learn what you can do to manage your arthritis: practical strategies to take control of your condition with updates on nutrition & exercise, clinical news, research and more.



RESERVE YOUR PLACE NOW

WHAT

Free Arthritis Information Seminar

SPEAKERS

A.J. Benham, NP & Kathleen Geier, NP

WHEN

2-3 p.m., the First Friday of Every Month

WHERE

**Jackson Orthopaedic Foundation
3317 Elm Street, Suite 201
Oakland, CA**

RSVP

Phone (510) 238-4851

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In Association with



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The Arthritis Program, Centers for Disease Control & Prevention