



## **Better Joints Series:**

### *Strategies for Living with Arthritis*

Please join us for this series of FREE classes that provide self-management strategies for improving your health, protecting your joints, managing pain and preparing for surgery.

Each class is two hours long and offered in two sessions:

**Tuesdays, November 4 & 11, 2014**

**3:30 p.m. to 5:30 p.m.**

**St. Luke's Community Health Education Center**  
3333 Squalicum Parkway, Bellingham, WA

#### **Session 1:**

***Weight Loss Strategies & Anti-Inflammatory Diet Tips***

*Rachel Akins, Registered Dietician*

#### ***Arthritis and Exercise***

*Sylvie de Rham Tortorelli, PT*

#### **Session 2:**

***Staying Active for A Better Life***

*Loretta Sandoval, PTA*

***Helpful Equipment and Home Modifications***

*Karen Thomas, Registered Occupational Therapist*



***Enjoy free refreshments and take home an exercise band!***

**For more information or to register, please call:**

**360.788.6024**

This series is offered in partnership with the Arthritis Foundation, PeaceHealth Joint Replacement Center and PeaceHealth Center for Rehabilitative Medicine



**PeaceHealth**

The *spirit* of healing®



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