



Keep Moving: Finding Relief from Joint Pain

In this FREE educational seminar, learn more from our board-certified experts about:

- Preventing arthritis
- What you can do to control your joint pain
- Treatment options



Tuesday, Oct. 25 | 5:30–7 pm

MidState Family Health Center • 61 Pomeroy Avenue, Meriden
Conference Rooms 1 & 2

Presenters:

Leonard Kolstad, MD
*Board-certified
Orthopedic Surgeon*

Craig Foster, MD
*Board-certified
Orthopedic Surgeon*

*Presentations on arthritis, joint replacement surgery,
and MidState orthopaedic services.*

Presented by



MidState
Medical Center
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