



Mind Body Symposium

Therapies to Reduce Arthritis Pain

WEDNESDAY, MARCH 18, 2015 ■ 5:30 – 8:00 P.M.

Mount Sinai Medical Center ■ 1468 Madison Avenue (at 101st Street)
Guggenheim Pavilion, 2nd Floor ■ Hatch Auditorium ■ New York, NY

Complementing Your Arthritis Treatment with Integrative Medicine

Yousaf Ali, M.D., FACR
Vice Chair for Faculty Affairs, Samuel Bronfman Department of Medicine Division of Rheumatology, Associate Professor of Medicine, Icahn School of Medicine at Mount Sinai

Relieve Depression & Fatigue Naturally

Satish Reddy, M.D.
Assistant Professor of Clinical Psychiatry & Medicine, Weill Medical College of Cornell University Faculty, Columbia University Center for Psychoanalytic Training & Research

Tai Chi for Arthritis

Nicholas Kirkbride, CPT, SFP
NASM Certified Personal Trainer and Senior Fitness Professional
Tai Chi Practitioner

Managing Your Pain: Massage

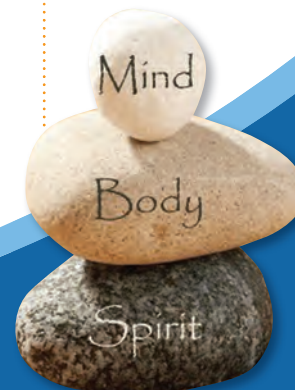
Massage Therapists
Massage Envy

Managing Your Stress: Relaxation Techniques

Joan Westreich, LCSW
Social Work Coordinator-Early Arthritis Initiative, Department of Social Work Programs Hospital for Special Surgery

To register, call (212) 984-8730 or email info.ny@arthritis.org by March 13.

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122 East 42nd Street
18th Floor
New York, NY 10168

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Join us for this free informative and interactive discussion on how various movement and complementary therapies can help relieve arthritis pain, stress and fatigue.

