

Put Pain in Its Place

How to Get Your Osteoarthritis
Pain Under Control

ncoa
National Council on Aging

ARTHRITIS
FOUNDATION®

March 4

Performance Physical Therapy

310 Maple Ave., #104

Barrington, RI 02806

The program runs from

1:00PM-2:00PM. RSVP by

March 3 at (401) 289-2170.

 **Performance**
Physical Therapy

Put Pain in Its Place gives you the tools to help manage your OA pain and live better.

Through **this class**, you will:

- Understand OA, from causes to prevention and treatments
- Learn self-management strategies to prevent and relieve pain
- Get inspired to take action and get your pain under control
- Find out about effective and safe exercises from the Arthritis

Foundation Exercise Program

