

# Arthritis: Empower Yourself



Join Us for this Educational Event featuring the following topics:

***Myths and Pearls in Rheumatology***—Dr. Raza Jafry, JPS Health Network

***Hip Arthritis and Anterior Approach to Total Hips***—Dr. Bantoo Sehgal, Baylor Scott & White

***Fact Versus Fiction: Managing Arthritis Through Food***—Adriana Ramnarine, Clinical Dietician, Texas Health Methodist Hospital

***The Role and Benefits of Physical Therapy in Managing Osteoarthritis***—Dr. Michael P. Flyzik, UNT Health Science Center

***Non-Surgical Options Available Prior to a Joint Replacement Surgery***—Austen Watkins, DO, Physical Medicine & Rehabilitation Specialist, Medical City Fort Worth

**Tuesday, March 6, 2018**

**5:00 p.m. Registration**

**5:30 p.m. Program Begins**

**Tarrant County Public Health**

**1101 S. Main – Baker/Snow Conference Rooms**

**Fort Worth, Tx 76104**

Event is free, but seating is limited. Reservations are required.

**RSVP: [abynum@arthritis.org](mailto:abynum@arthritis.org) or call 214.818.0355.**



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