

**Free Lunch & Learn**

## **Tips & Treatments to Improve Arthritis Symptoms**



**Join us on Saturday, October 22, 10:00 am-1:30 pm, to enjoy a FREE healthy lunch and learn** about medical treatments that may improve your arthritis symptoms. Plus, get the latest information on how good nutrition, exercise, movement and medication can help manage limitations caused by arthritis. Speakers include:

- Orthopedic Surgeon Thad Dean, DO
- Neurological Surgeon Paul Henry Cho, MD
- Physical Medicine Specialist Austen Watkins, DO
- Pharmacist Steven Dzierba
- Dietitian Bridget McCormick
- Physical Therapist Cynthia Cuellar

**Contact Pam Gill at 214-818-0355 / [pgill@arthritis.org](mailto:pgill@arthritis.org) for more information**

Free parking by valet & in hospital parking lot.

**Brought to you by Plaza Medical Center of Fort Worth & the Arthritis Foundation!**

**Event Location: Plaza Medical Center of Fort Worth, 900 8th Avenue, Fort Worth 76116**

