

# 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 Dietitian, 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*** -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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