

THE ARTHRITIS FOUNDATION

invites you to join us for a
complimentary health lecture

“Managing Your Pain: What You Need to Know to Get Control”

Thursday, October 31st

11:30 AM-1:00 PM

Lunch will be provided at 1:00 PM

Grand Haven Active Adult Resort Community
1520 Grand Haven Road, Romeoville, IL 60446

Free parking is available.

**Pre-registration is required.
Register by calling 1-800-735-0096.**

TOPICS AND SPEAKERS

**“Newest Knowledge of Arthritis
and Treatment Options”**

Dr. Paul Sauer, MD
Rezin Orthopedics

**“Physical Therapy Treatment
Options for Arthritis:
Living and Working with Arthritis”**

Matt Mickas PT, DPT, CSCS
Athletico, Joliet Facility

**“How to Stay Active and
Function with Arthritis”**

Frank Berardi, Occupational Therapist
Athletico, Orland Park

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