



LIVING STRONG WITH ARTHRITIS



Educational Healthy Living Series

In partnership with Sports Care Physical Therapy the Lakeland Hills YMCA is presenting an educational seminar on living with arthritis and how to prevent further joint damage.

LOCATION

Welcome Center

DATE

Wednesday, February 15 from 12:30 PM – 1:30 PM

Light refreshments will be served

QUESTIONS

Contact Darlene Kievit : Darlenek@lhymca.com

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