

Join Our Arthritis Management Classes!

Dear Community Member,

Are you or a loved one living with arthritis? We invite you to participate in our informative and supportive Arthritis Management Classes designed to empower you with tools to effectively manage your condition.

Class Details:

- **Location:** Community Health Center, Room 101
- **Date:** Every Wednesday starting March 5, 2024
- **Time:** 6:00 PM - 8:00 PM

What You Will Learn:

- Understanding arthritis and its impact
- Effective pain management techniques
- Exercise strategies tailored for arthritis
- Nutritional tips for joint health
- Stress management and coping techniques

How to Register:

To reserve your spot, please contact us at:

Phone: (123) 456-7890

Email: info@arthritisclasses.org

Spaces are limited, so register today!

We look forward to helping you lead a more active and comfortable life.

Sincerely,

The Arthritis Management Team