

got health?

Free Health Talks to Help You Get and Stay Healthy

Oh, My Aching Joints!

Coping with Arthritis

JOIN US!

Thursday, November 20, 2014 ♦ 12:10 – 12:50 pm

Kate Gleason Auditorium

Central Library of Rochester and Monroe County

115 South Ave. • Rochester, NY

THIS TALK WILL COVER:

- Signs and symptoms
- Types and causes
- Treatments for arthritis
- Tools and resources

Our speaker is Linda Grinnell-Merrick, Nurse Practitioner from the University of Rochester Medical Center, where Strong Memorial Hospital is located

HEALTHY SNACKS AND FREE RAFFLE!

This **got health?** talk is sponsored by the **Center for Community Health** in partnership with the Central Library of Rochester and Monroe County.



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