

PT Solutions: Exercising with Arthritis



TUESDAY, APRIL 23 / 10:30am

This is a presentation on exercising with arthritis that has the most current evidence to help you learn how to stay active safely. The presentation will provide specific exercises for the most common joints affected by arthritis. There will be plenty of time for questions and answers.



**To register please see Sabrina at The
PEAK Center welcome desk window or
call 215-362-7432 ext. 205.**