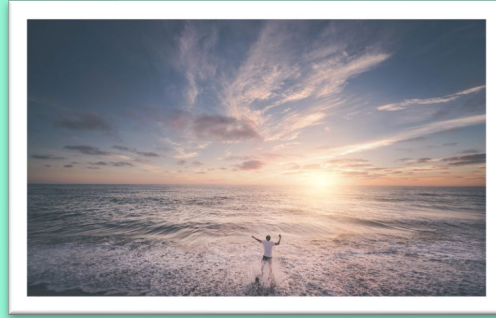


Living Well with Osteoarthritis



Class Schedule

Thursdays 9:30-10:30

Topics	Dates	Dates	Dates
Anti-Inflammatory Eating	7/11/2024	09/05/2024	10/31/2024
Pain Management	7/18/2024	09/12/2024	11/07/2024
Activity	7/25/2024	09/19/2024	11/14/2024
Weight Management	8/01/2024	09/26/2024	11/21/2024
Optimizing Stress	8/08/2024	10/03/2024	12/05/2024
Building Strength	8/15/2024	10/10/2024	12/12/2024
Joint Nutrition	8/22/2024	10/17/2024	12/19/2024
Meditation and Sleep	8/29/2024	10/24/2024	01/09/2025