

# HOW TO: **EASILY ELIMINATE** ARTHRITIS PAIN

## DO YOU SUFFER FROM:

- ▲ Stabbing Pain in your joints
- ▲ Tenderness in your muscles
- ▲ Pain after standing or sitting for too long

## IN THIS WORKSHOP YOU WILL LEARN:

- ▲ Proven methods to have less pain
- ▲ How to return to normal activities without any pain
- ▲ Live with less pain



Dr. Cristy Carnahan, DPT

## **FREE! ARTHRITIS PAIN WORKSHOP**

**July 9, 2019 @ 6:30PM**  
**480 Johnson Road**  
**Washington, PA 15301**

*Learn to manage your arthritis pain  
**without** surgery*



**THE PHYSICAL  
THERAPY INSTITUTE<sup>SM</sup>**  
ORTHOPEDICS AND SPORTS MEDICINE

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