



Arthritis? Get Moving Again

In this FREE info session, learn about:

- ❖ Arthritis and its effect on joints
- ❖ How to manage Arthritis and move freely again
- ❖ The Connecticut Orthopaedic Institute

Wednesday, October 30th at 11:00am

Cheshire Senior Center

240 Maple Ave, Cheshire, CT 06410

R.S.V.P.

203-272-8286

Light snacks will be served

Presenter

Leonard Kolstad, MD

Board-certified Orthopaedic Surgeon

Assistant Medical Director of the Connecticut Orthopaedic Institute

Department Chief, Orthopaedic Surgery, Midstate Medical Center

