



Arthritis affects millions of people worldwide. Symptoms of arthritis can be effectively managed with a combination of staying active and maintaining a healthy weight. Although arthritis treatment usually includes medication, a tailored arthritis exercise program can help relieve pain and fatigue and preserve joint structure and function.

St. Anthony Home invites you to

# *Treatment Options for* **JOINT PAIN & ARTHRITIS**

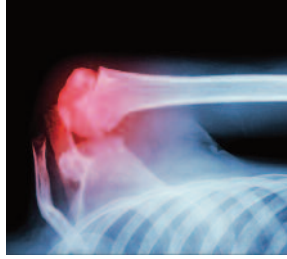
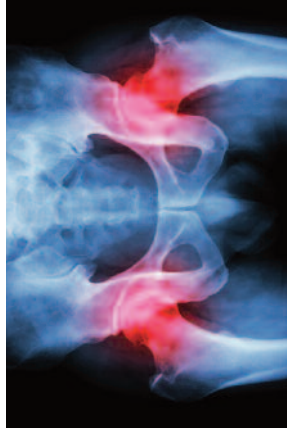
WEDNESDAY, JULY 27, 2016



**ST. ANTHONY HOME**

**FRANCISCAN COMMUNITIES**

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St. Anthony Home invites you to

# *Treatment Options for* **JOINT PAIN & ARTHRITIS**

WEDNESDAY, JULY 27, 2016 • 11:30 a.m.

ST. ANTHONY HOME, 203 Franciscan Dr., Crown Point

Join **Dr. Michael Knesek** a Summa Cum Laude graduate of the University of Notre Dame. He has published articles on complex hip and shoulder disorders in numerous orthopedic journals and textbooks including the American Journal of Sports Medicine (AJSM) and The Journal of Orthopedic Research.

Dr. Knesek gained valuable experience in Sports Medicine at the professional level, college level, and high school level, including the Chicago Blackhawks, Chicago Cubs, University of Michigan basketball and hockey, and Northwestern football.

**Don't miss this informative presentation!**  
**Seating is limited so please RSVP by calling (219) 661-5164.**

  
**ST. ANTHONY  
H O M E**  
FRANCISCAN COMMUNITIES

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