

NATURAL OPTIONS
FOR
ARTHRITIS

DR. LEENA ATHPARIA, ND



FREE SEMINAR:
TUESDAY, MARCH 21 @6:30PM

Chronic arthritis in the older adult can be challenging – significant pain, frustration and fatigue can leave you feeling discouraged. Even if you have had arthritis for years, you don't have to live with pain. Arthritis pain, even in seniors, generally responds well to simple changes in diet & gentle exercise. In this seminar, we will help you understand how you can manage arthritis with natural solutions – even if you are currently on medications.

This seminar will cover:

- **The role of nutrition, posture & lifestyle in arthritis**
- **Methods to help cope with pain**
- **Gentle exercises for joint pain**
- **Naturopathic treatment options**

RSVP: 905-940-2727 – Space is limited
Naturopathic Foundations Health Clinic
33 The Bridle Trail, Markham