

ROCKVILLE LOCATION

Nutrition and Arthritis:

Foods you eat may affect pain, inflammation and disease process

Rick Weissinger, MS, RD, CPT

Ever wonder why your body seems to hurt more after eating certain foods or gaining a few pounds? This class explains the science behind food, inflammation, and pain in simple terms, and offers new insights into how you can use nutrition and other lifestyle strategies to get pain relief and maximize the benefits of your medical and physical therapies.

**Wednesday, May 15, 2013 &
Wednesday, May 22, 2013**

ARTHRITIS AND REHABILITATION THERAPY SERVICES

14955 Shady Grove Road

Suite 255

Rockville, MD 20850

5:00 p.m.

Registration is required. Call (301) 929-4125 to reserve your spot.

COST: \$50 for 2 part series

Visit the Wellness Program at www.washingtonarthritis.com