

HYPERMOBILITY

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Have you ever been told you are Hypermobile? Double-Jointed? Hyper-flexible? Ever wonder what this means or how it can be related to the pain or difficulty you have been having? Then the Hypermobility class is for you!

The Hypermobility class will give a strong overview of what hypermobility is, how it is diagnosed, what co-morbidities are prevalent with hypermobility and how you can manage this diagnosis.

Tuesdays
August 6th, 13th, and 20th
3-part series

ARTHRITIS AND REHABILITATION THERAPY SERVICES

14995 Shady Grove Road
Suite 320
Rockville, MD 20850
6:00 p.m.

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

COST: \$80 for series of 3 classes.

*To be paid in advance, non-refundable. COVID-19 Vaccination is required to attend.
Masks will be optional.

Visit the Wellness Program at www.washingtonarthritis.com