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PRESS RELEASE – For Immediate Release

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Free Arthritis Education Day Offered During Arthritis Awareness Month

South Central Public Health District, along with St. Luke's Magic Valley Medical Center, Cassia Regional Medical Center, Lifestyles Therapy & Wellness, and Center for Physical Rehab are offering a free Arthritis Education Day on Saturday, May 3, to help people who have arthritis learn how to better manage their condition. This seminar will take place at South Central Public Health District, located on the CSI campus, from 9 a.m. to 1 p.m. People attending the meeting should use the north entrance of the building. Lunch will be provided.

Speakers will include Dr. McKee (Orthopedic Surgeon), Kurt Hefner (Pharmacist), Coreen Keller (Physical Therapist), Daralyn Moss (Social Worker), and Lesley Ruby (Occupational Therapist). Topics for the speakers will include treatment options, medication updates, the art of movement; physical therapy and arthritis, cognitive pain management techniques, and joint protection and adaptive equipment.

Although this education day is free, space is limited. It is necessary to pre-register by calling Elvia Caldera, Arthritis Program Coordinator for South Central Public Health District, at 737-5988.

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