

Learn About Arthritis

And What You Can Do About It



The Community Service Society Retired & Senior Volunteer Program, in partnership with the Hospital for Joint Diseases at NYU Langone Medical Center is pleased to offer a free educational seminar for our members and partners to learn about Arthritis. Osteoarthritis, the most common type of arthritis, is a joint disease that results in stiffness, pain, and loss of movement in affected joints. According to the Arthritis Foundation, osteoarthritis affects nearly 27 million Americans.

At this seminar you will learn :

- About Arthritis, how it affects your joints, and who is at risk
- About the latest treatments for Arthritis
- Some smart exercises to alleviate the affects of Arthritis

The seminar will be led by Dr. Claudette M. Lajam, an Assistant Professor of Orthopaedic Surgery in the Adult Reconstructive/Joint Replacement Division at the Hospital for Joint Diseases at NYU Langone Medical Center. Dr. Lajam is Board Certified in Orthopaedic surgery and specializes in total joint arthroplasty, revision total joint arthroplasty and sports injuries. She has a special interest in competitive cycling and treatment of the mature athlete.

Date: Wednesday, November 4, 2009

Time: 2 - 3 PM

Place: Community Service Society

105 E 22nd Street, NY, NY

Conference Room 4A

Register Now

Space is limited. Please register with Barbara Magner at bmagner@cssny.org or 212-614-5537 to reserve your spot.

Light refreshments will be provided. All are welcome to attend.