



Stay Active with Arthritis

Tuesday,
March 7th
at 1PM

River Edge Manor

Learn about

#1 What is arthritis?

#2 What you CAN do
to find pain relief and
stay active

**Presented by a
Physical Therapist**



Molly Greenbaum PT, DPT

Molly is the owner of Stronger Today Physical Therapy. She is passionate about helping older adults become confident with their mobility so they can be active, independent members of their homes and communities. She provides services in the comfort of her clients' homes.

