



**Attention...
Arthritis Sufferers!**

presented by 

**Learn to manage arthritis
without unnecessary
injections
with Dr. Jack Zuckerman.**

Go to the workshop to learn:

- the two common types of arthritis and understand its symptoms
- natural healing techniques to get you back to living your life again
- what successful treatment and permanent relief look like without the side effects of unnecessary medications, injections or surgery.

This workshop is for you if:

- you have difficulty walking? jogging?
- you have trouble kneeling? getting on the floor?
- sitting for a while bothers you?
- standing in one place gives you discomfort?

Friday,

September 27

@ 12 PM

Little Falls Civic Center

19 Warren Street

All seniors are invited and lunch will be provided.

sponsored by
The Little Falls Senior Advisory Board

**RSVP: Councilman Sgobba
973-256-0249**