



Tri-City Elder Coalition

NETWORKING MEETING

~ FEATURING ~

Victoria Bruno, Director of Community Programs
Arthritis Foundation, Northern California Chapter

Living Well With Arthritis

Arthritis is the #1 cause of physical disability in the U.S. Ms. Bruno's presentation will include the Arthritis Foundations' Life Improvement Series, evidence based programs designed to address pain, fatigue, and decreased strength that accompany arthritis. Participants report having more control over the disease and an improved quality of life.

Date: **Tuesday, July 28, 2009**

Time: 1 – 3 p.m.

Place: **Fukaya Room, Fremont Main Library**

2400 Stevenson Blvd., Fremont, CA 94538

Please RSVP to Ray Grimm at (510) 574-2063 or
rgrimm@ci.fremont.ca.us by **Friday, July 24, 2009**