



315 Howdershell Rd.

# SENIOR FACTS & SNACKS

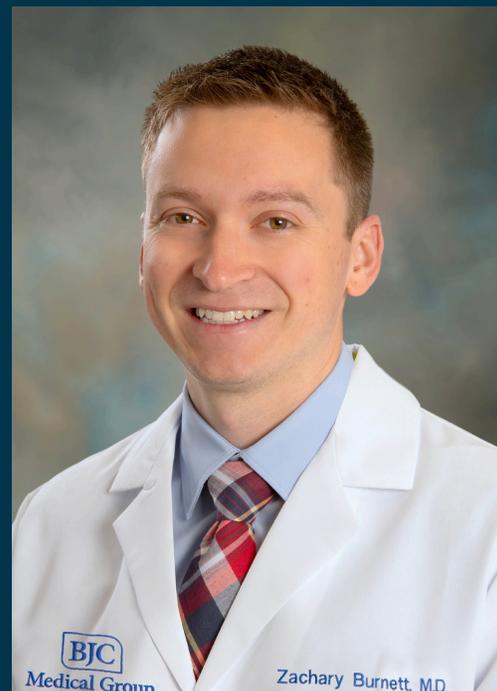
**FREE to register. Enjoy light refreshments.**

## BJC “Staying Active with Arthritis”

Dr. Zachary Burnett, BJC Medical Group Orthopedics  
and Sports Medicine

**Wednesday, March 18th  
10:00am  
JFK Senior Center - Lilac  
Room**

Everyone needs to exercise, but it’s especially important for people living with arthritis. Knowing appropriate exercises that are gentle on your joints can make moving easier. In doing so will increase your strength while improving your health. It’s important to remember that exercise can keep you moving, even when arthritis tries to slow you down!



Dr. Burnett is accepting new patients and has offices on both the Christian Hospital and Northwest HealthCare campuses. To schedule an appointment, please call 314.953.8250.

**QUESTIONS? CALL 314-839-7605**