

**July Community Health Topic of the Month**

# Exercise for Arthritis Sufferers and Weight Control

**Come hear a healthcare professional discuss how to ease arthritis pain through exercise and how to get a handle on weight control.**



**Thursday, July 16, 2009**

**6:00 p.m. – 7:00 p.m.**

**or**

**Friday, July 17, 2009**

**12:00 p.m. – 1:00 p.m.**

**Education Center at RMC  
Park in rear of hospital and use  
outside rear entrance.**

**FREE meal will be provided  
at each session.**

Please RSVP to  
Patricia Funderburk  
(803-395-2698 or  
pdfunderburk@regmed.com)  
if you plan to attend.

