

## FREE HEALTH LECTURE

# Relieving the Pain of Hand & Wrist Arthritis



Nearly 27 million Americans suffer from painful and debilitating osteoarthritis, also called wear-and-tear arthritis. When it strikes the hands and wrists, it can make even the simplest tasks—such as picking up a cup of coffee or turning a doorknob—difficult or even impossible. Luckily, there's a lot you can do to relieve the pain.

Join Dr. Daniel Master, an experienced hand and wrist specialist, as he describes steps you can take to reduce the pain of your osteoarthritis—from exercises and medications to minimally invasive surgery.

**Speaker** Daniel Master, MD, with Mapleton Hill Orthopaedics

**When** Tuesday, Oct. 7, from 1 to 2 p.m.

**Where** Calvary Bible Church, 3245 Kalmia Ave., Boulder

### Reservations required:

[bchlectures.org/handpain](http://bchlectures.org/handpain) • 303-441-0580

 Boulder Community Health

