## FREE HEALTH LECTURE

## Relieving Arthritis Knee Pain



By the time we're 50, our knees have carried us more than 75,000 miles. Most of us don't give our knees a second thought — until degenerative arthritis, or wear-and-tear arthritis, takes its painful toll and threatens to end our active lifestyle. Luckily, effective treatments are available.

Come hear about the latest non-surgical and surgical approaches for relieving the pain of degenerative knee arthritis.

When Wednesday, Feb. 10, from 7 to 8 p.m.

Speaker Darren Herzog, MD, of Boulder Medical Center
Where Millennium Harvest House, 1345 28th St., Boulder

## **Reservations required:**

bchlectures.org/kneepain • 303-415-4212



