

Wellness@Work is pleased to announce a virtual Lunch & Learn!

KNEE OSTEOARTHRITIS

What it is and how you can manage it at home

Open to all Town employees, dependents and pre-65 retirees!

When: Wednesday, March 15 from 12 to 12:45

Where: Through Zoom

RSVP by Monday, March 13: Email Liska at llackey@email.unc.edu or call 919-968-2796



- Basic review of knee osteoarthritis
- Home exercises
- Bracing/sleeves
- Over the counter medications
- Supplements

Presenter: Justin Lee, MD, CAQSM, FAAFP, Assistant Professor; Primary Care Sports Medicine; Clinical Director of Operations, Sports Medicine, Department of Family Medicine

Help share the news! Please print and post the flyer and announce in staff meetings!

chapelhillwellnessatwork.org

