

In Knee(d) of Relief Help for Sore Knees



Knee pain is among the most common complaints for older people, with some 34% of people over the age of 65 experiencing osteoarthritis. Arthritis is not the only cause however, and there are things you can do to help those sore knees.

Join Health Educator Billie Ritter to learn knee exercises, some basic “home remedies,” and the importance of rest, activity and weight management in reducing knee pain.

Greendale Monday, June 18, 10:45am

Coleman Thursday, June 21, 12:40pm

Mills Wednesday, June 27, 11:30am

Trailside & Sanford Thursday, June 28, 12:00pm

We encourage you to come for lunch before the program. For lunch, call the center you plan to attend before 9:00am of that day to make your reservation.



Senior Services • 4700 Dublin Ave. • Midland, MI 48642