



Lifestyle



Enrichment Series

Tuesday, May 11 @ 10-11 a.m.

“Living With Arthritis”

with Lori Ramage, PT, Joint Club Coordinator at Banner Boswell Medical Center. Increase your knowledge of the arthritis disease process and the anatomy of the hip and knee joints. Also learn about conservative and surgical arthritis treatments.

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**Saturday, June 12 @ 10-11 a.m.**

### **“Understanding Food Labels & Health Claims in Nutritional Marketing”**

with Shannon Parnett, RD, Clinical Nutrition Senior Manager at Banner Boswell Medical Center. Understand the terms used to describe nutrients in food such as "light", "low fat" and "good source of." Learn about health claims on food packaging and the tricks to reading food labels to help you make the best choice at the grocery store.

**Sessions are Free. Please call 623-773-8600 to register or stop by the front desk at Rio Vista. Registration Required!**