

# Health & Wellness SEMINAR



**SEPTEMBER 20**  
**12-1PM**

**KITSAP TENNIS & ATHLETIC CENTER**

**COST | FREE**

**MEMBERS &  
NON-MEMBERS WELCOME!**

## WHAT IS ARTHRITIS?

Do your joints feel stiff when you first get out of bed? Is getting out of bed in the morning difficult? According to the Centers for Disease Control, arthritis is the leading cause of disability in the U.S. In fact, an estimated 46 million people (1 in 5 adults) report being doctor-diagnosed with arthritis, and nearly 19 million report activity limitations as a result of the disease.

Join KTAC and Kitsap Physical Therapy for a health and wellness seminar on "What is Arthritis?" Wednesday, September 20, 12-1pm.

### SPEAKER

**DANIEL CAMMARATA PT, CERTIFIED MDT, CPHQ**

Light refreshments will be served.  
For more information, call 360.692.8075

**kitsap**  
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AND SPORTS CLINICS

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