

NEW YORK CHAPTER



Albert W. Grokest & Muriel C. Hoyt

MIND BODY CONNECTION

Family Symposium for People with Arthritis

Wednesday, December 9, 2009

5:00—8:00 PM

Harness Racing Museum

240 Main Street, Goshen, NY

Presentations include:

Mindful Based Stress Reduction
Massage Therapy for Your Arthritis
Therapeutic Yoga

This program is free, but registration is required.

Please contact the Arthritis Foundation at 800-246-2884.