



# ATTENTION KNEE PAIN SUFFERERS!

Learn to Manage Knee Pain without Medication!

## DO YOU?

Fear your knee will give out?

Use Advil to get through the day?

Adjusted daily living due to knee pain?

## LEARN:

TOP 3 CAUSES FOR KNEE REPLACEMENT AND LONG RECOVERY

BIGGEST MISTAKE KNEE PAIN SUFFERERS MAKE LEADING TO SURGERY

SUCCESSFUL TREATMENT

All Seniors are invited and lunch will be provided.  
Pizza to be served and bussing available if needed.

March 27, 2024  
at 12:00 pm



Sponsored by:

The Little Falls Senior Advisory Board

Little Falls Civic Center 19 Warren St.

**RSVP: COUNCILMAN SGOBBA**  
**973-256-0249**

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