



Media Advisory – Jan. 14, 2010

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County will offer free Feb. 24 arthritis seminar

Snohomish County's Long Term Care & Aging Division will host a free seminar focusing on the effects of arthritis.

There are more than 100 types of arthritis that can affect one's joints in the body. The Feb. 24 class will look at what individuals can do to keep joints healthy as well as treatment options for severe arthritis.

From 10:30 a.m. to noon at Compass Health's Administrative Office, 4526 Federal Ave. in Everett, orthopedic surgeon Michael Codsì, of The Everett Clinic, will discuss easy ways to prevent pain or to treat pain that already exists. Codsì also works as the team physician for the Everett Aquasox.

The free seminar is co-sponsored with The Everett Clinic and the Snohomish County Council on Aging.

To register, contact Joyce Frasu at 425-388-7377 or j.frasu@snoco.org.

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