

# FREE ARTHRITIS SEMINAR



## Traveling with Pain

*featuring*

**Liz Hamill**

Travelswithpain.com blogger & travel guide author will offer tips & resources on how to make your trips low-stress & fun-filled.

*People of all ages are welcome and encouraged to attend.*

**Tuesday, June 18, 2013**

**6—7 p.m.**

**San Leandro Senior Center**

**13909 E. 14th St., San Leandro**

*Substantive, healthy refreshments will be served.*



 **ARTHRITIS**  
FOUNDATION®  
**Take Control. We Can Help.™**  
— Northern California Chapter —



**RSVP REQUIRED: Call 1-888-391-9389 x13 OR email [vbruno@arthritis.org](mailto:vbruno@arthritis.org)**