



FOR IMMEDIATE RELEASE
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LIVINGSTON HEALTHCARE OFFERS “LIVING WITH ARTHRITIS” HEALTH SERIES

Approximately 3,500 (or 22%) adults in Park County have been diagnosed with some form of arthritis. For those over 65, the number increases to nearly 50% of the local population. “Arthritis is common to the human condition,” says Scott Coleman, MD, a family medicine physician at Livingston HealthCare. “But we have options for people to help manage their arthritis, lessen its effects, and live fuller lives.”

Livingston HealthCare presents “Living with Arthritis”, a four-part series to be held at the Livingston-Park County Public Library, beginning Wednesday evening, February 18 at 7 pm and continuing through to March 11 on consecutive Wednesdays. This free healthcare education, provided by Livingston HealthCare staff, includes defining arthritis and major types of arthritis, when to see your physician or a specialist, suggestions on how to manage arthritis with diet and exercise, when more advanced treatments might be needed, and the kinds of treatments available now.

The series includes **What You Need to Know**, with **Scott Coleman, MD** on Wednesday, February 18; **Your Diet Can Make a Difference**, with **Jessica Wilcox, MS, RD, LN** on Wednesday, February 25; **Exercise Matters** with **Richard Anderson, MS, PT** on Wednesday, March 4; and **Alternatives to Joint Replacement**, with **Michelle Donaldson, MD** on Wednesday, March 11.

Attendance is free and refreshments will be provided. For more information, visit www.livingstonhealthcare.org or call 823-6261.

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