

Roselani Place presents *Aging Wisely Community Education Series*

Arthritis ~ A Natural Approach

With Speaker Dr. Steve Blake, ScD

**FREE
Admission**

Wednesday, December 7, 2016

5:00 pm - 7:00 pm

**Open to
the Public**

**Roselani Place - Third Floor Lobby
88 South Papa Ave., Kahului, HI 96732**

One in five adults and half of those over 65 have arthritis. Learn why certain foods aggravate inflammatory joint conditions. Food fats can reduce or increase our risk of arthritis pain. Reducing inflammation is the key to reducing pain. See how we can use spices and herbs to reduce inflammation. Which supplements can be helpful? Learn which vitamins and minerals help build collagen to support healthy cartilage. Find out more about foods that support the lubrication of joints. This class is designed to teach how to retain healthy cartilage and regain mobility.



Roselani Place
MAUI'S ASSISTED LIVING COMMUNITY

Model apartments will be open for your viewing ~ Door Prizes ~
Musical Entertainment by Glenn Foster and refreshments!

For more information contact Diane at diane@roselaniplace.com or call: 871-7720



www.roselaniplace.com



About Steve Blake: Steve Blake offers classes at the University of Hawaii. He has taught classes at Stanford University, McLean Hospital, and at the Boston University Medical Campus. Dr. Blake has authored many books and his latest book is *Arthritis Relief*. He is also on the faculty at Hawaii Pacific Neuroscience. Steve Blake earned a doctor of science degree in holistic health specializing in nutritional biochemistry. He and his wife Catherine live on an organic farm on Maui that is solar powered.

