



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

KNEE PAIN

Munch and Learn

Social Connection

**Speaker: Jeannie McConnell-Copploe
Pinnacle Health Concepts**



Knee pain is a common complaint that affects people of all ages. Knee pain may be the result of an injury, such as a ruptured ligament or torn cartilage. Medical conditions — including arthritis, gout and infections — also can cause knee pain.

Many types of minor knee pain respond well to self-care measures. Physical therapy and knee braces also can help relieve knee pain. In some cases, however, your knee may require surgical repair.

CENTRAL YMCA

Youth Lobby

Join us on

Wednesday, January 16, 2019

10:00 a.m.

