

MCPS Well Aware presents

# Healthy Joints

Many of us have concerns about the health of our joints. To enhance physical ability, it is important to find a balance between prevention and care. In this webinar, discover ways to safeguard your joints for better function and overall health.



- **WEDNESDAY,**  
**JANUARY 22, 2025**  
5:00 – 6:00 p.m. Webinar

**PLEASE REGISTER** for this webinar by emailing  
[wellness@mcpsmd.org](mailto:wellness@mcpsmd.org) for the log-in information.

