



# UNDERSTANDING ARTHRITIS OF THE HAND

Join us for an insightful discussion focused on managing hand arthritis and improving daily comfort.

**25**  
FEBRUARY  
2026

**WEDNESDAY**  
6:00 – 7:30 p.m.



## PRESENTED BY



**Porsche  
Fowlkes-Arthurs,**  
MOT, OTR/L, CHT  
Program Manager of  
Outpatient Orthopedic  
Hand Therapy Department

## Topics of discussion will include:

- » What causes hand arthritis
- » How it affects daily life
- » Ways to protect your hands from joint stress
- » Managing pain and stiffness
- » Staying active and keeping your hands moving

## Casa Colina Hospital & Centers for Healthcare

255 East Bonita Avenue, Pomona  
(Loverso Education Center Building 1E)

## How To Register?



Call 866/724-4132



Scan the QR code



Online at [casacolina.org/communityevents](https://casacolina.org/communityevents)

