



FREE COMMUNITY SEMINAR



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

