

**Published on *SeniorNavigator* (<https://seniornavigator.org>)**

## **Non-Surgical Solutions for Joint Issues**

Date and Time

Monthly on the third Tuesday at 4:00pm until Wednesday 5/1/2024

Monthly on the first Tuesday at 4:00pm until Wednesday 5/1/2024

Event URL

[Register Here](#)

Event Region

Charlottesville Area

Event Type

Class - Workshop

Event Cost

\$0.00

Event Description

Non-Surgical Solutions will be on Tuesday, February 20, 2024, from 4 pm until 5 pm, and will meet on the first and third Tuesday of each month.

Dr. Shawn Pallotti discusses joint problems and non-surgical interventions that can improve your quality of life. Get empowered with knowledge and resources to improve your health and wellness, fostering independence and promoting an active lifestyle. The February 20 session will focus on the knees.

**Topics:** Future sessions will include hips, back, shoulders, neck, head, and hands. Other topics covered will be nerve pain, inflammation, infusion options, and how to navigate stress.

**Registration:** Free and open to all. Registration required.

Event Image or Sponsor Logo

Image

