



**Northeast Nebraska Physical Therapy**  
THE FEEL GOOD EXPERIENCE

# Join us for a **FREE** **Arthritis Workshop**

**Hosted by: Northeast Nebraska Physical Therapy**  
**710 S. 13th St., Norfolk NE**

**Date: Tuesday, February 10th**  
**Time: 12:15 p.m.**

*Do you or someone you love suffer from arthritis pain or stiffness? Learn how to manage symptoms, improve mobility, and reduce discomfort - naturally and effectively!*

Join **ASHLEY REESTMAN, PTA**  
at **Northeast Nebraska Physical Therapy**  
for a free educational workshop:

*Take the first step toward less pain  
and more freedom of movement.*

*Space is limited. Call Today to Reserve  
Your Spot:*

**402-371-8278**

*Take the first step toward lasting relief!*

*Scan QR code  
to sign-up!*

