



Moving Smarter

Virtual Education

Cleveland Clinic Rehabilitation & Sports Therapy offers two programs designed for anyone who has been diagnosed with osteoarthritis (OA) of the knee.

Moving Smarter

Physical Therapists will discuss the myths and facts about OA, common symptoms and risk factors, activities that are safe with OA, and treatments options available.

Moving Smarter Nutrition

A Registered Dietitian from Cleveland Clinic Center for Human Nutrition will discuss an anti-inflammatory diet that will help your symptoms of OA and manage your weight.

Because these program are virtual, advance registration and an active email is required.

Visit us online for dates and to register:
events.clevelandclinic.org
using keyword movingsmarter

Register by phone:
330.741.7064