



Take Note: Cottonwood

“Simple Remedies for Shoulder and Knee Pain”

Presented by:
Brian Duggan, M.D.
Orthopedic Surgeon

Knees and shoulders often bear the brunt of routine day-to-day activities. Normal wear and tear, overuse and injury can lead to pain. Board-certified orthopedic surgeon, Brian Duggan, M.D., will discuss common causes of shoulder and knee pain, and simple things you can do to prevent or treat the issues that may arise.



5-6 p.m., Wednesday, June 25
Cottonwood Recreation Center, 150 S. 6th St.



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Verde Valley Medical Center

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