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**Relieve Knee Pain and Regain Mobility with Semaglutide**



Chronic [knee pain from osteoarthritis](#) (OA) can significantly impair your daily life, turning simple activities into painful struggles. When walking, climbing stairs, or standing for extended periods becomes difficult, many of those affected experience significant stress as they attempt to manage their condition, while others simply suffer in silence.

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**FREE WEBINAR**

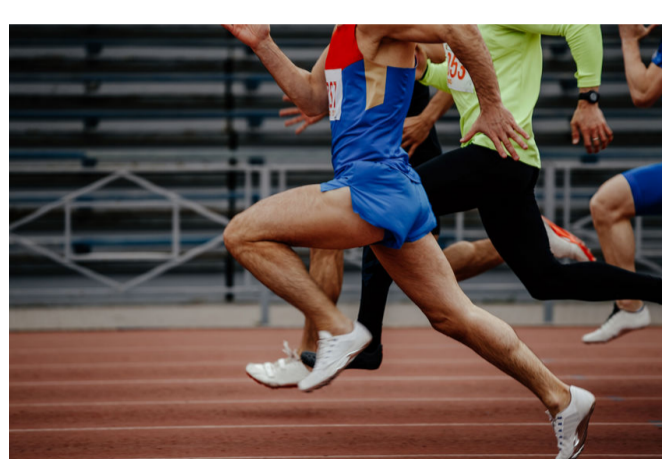
July 3, 2024 at 11:15am Central  
**Reduce Pain, Improve Function, and Avoid Surgery**

Facing surgery is a daunting task that can leave you not trusting your decision. You may have kids, grandchildren, and friends who love spending time with you and may depend on you. Sometimes you need answers from a real person. Join us for our next webinar—a lively educational online class designed to give you a level of trust that no website or PDF could ever give you because you'll be meeting the doctor. We're excited to meet you!

[Learn More and Reserve Your Spot](#)

**Hitting the Wall? Non-Surgical Solutions for Runner's Knee**

Hitting the pavement for a run is a fantastic way to stay active and improve your overall health. But sometimes, that pounding on the pavement can lead to a common culprit for runners: knee pain, often referred to as runner's knee.



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At [Chicago Arthritis and Regenerative Medicine](#), we offer the most advanced non surgical musculoskeletal treatments. Our next-generation regenerative medicine procedures and pain relief technologies are used to treat a wide variety of conditions arising from sports injuries, arthritic diseases, tendonitis, overuse injuries, and back pain. [Contact](#) our Chicago office today at 773-348-7171 to learn how our advanced non-surgical treatments can help relieve your pain. You can also make an appointment [online](#).



**Check Out Our Latest Blogs**

**Why Am I Not Losing Weight on Semaglutide?**

Semaglutide is part of a newer cohort of medications for weight loss that are incredibly effective and safer compared to older weight loss medications.

Semaglutide, commonly known as Ozempic or Wegovy, generally leads to weight loss of about...

[Click Here to Read More](#)



**Barbara's Stem Cell Treatment: Left/Right Knees | Chicago Arthritis Testimonial**

Barbara injured her right knee while biking, leading to significant pain and limited mobility. Initially, she underwent a PRP procedure for her right knee, which resulted in about...

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[For More Blogs](#)

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**Chicago Arthritis Medical Weight Loss Program  
 Safe and Effective Weight Loss with Peptide Therapy**

Lose weight and improve your health with a personalized weight loss plan supervised by a medical physician and powered by semaglutide, the most effective weight loss medication on the market.

[Schedule a Consultation Today](#)

*Start Your Journey to a Healthier You!*

**Recipe of the Month  
 Broccoli and Apple Salad**

Yogurt dressing on a crunchy veggie salad makes a cool and creamy side dish for any meal.



**Ingredients:**

- 3 cups small fresh broccoli florets
- 3 medium apples, chopped
- 3 tablespoons each of golden raisins, dried cranberries, and chopped dates
- 1 tablespoon chopped red onion
- 1/2 cup reduced-fat plain yogurt
- 4 bacon strips, cooked and crumbled

**Directions:**

1. In a large bowl, combine the broccoli, apples, dried fruit, and onion. Add the yogurt and toss to coat. Sprinkle with bacon, cover, and refrigerate until ready to serve.

*Recipe courtesy of [tasteofhome.com](#)*



**Convenient Parking for Your Appointment is Available**

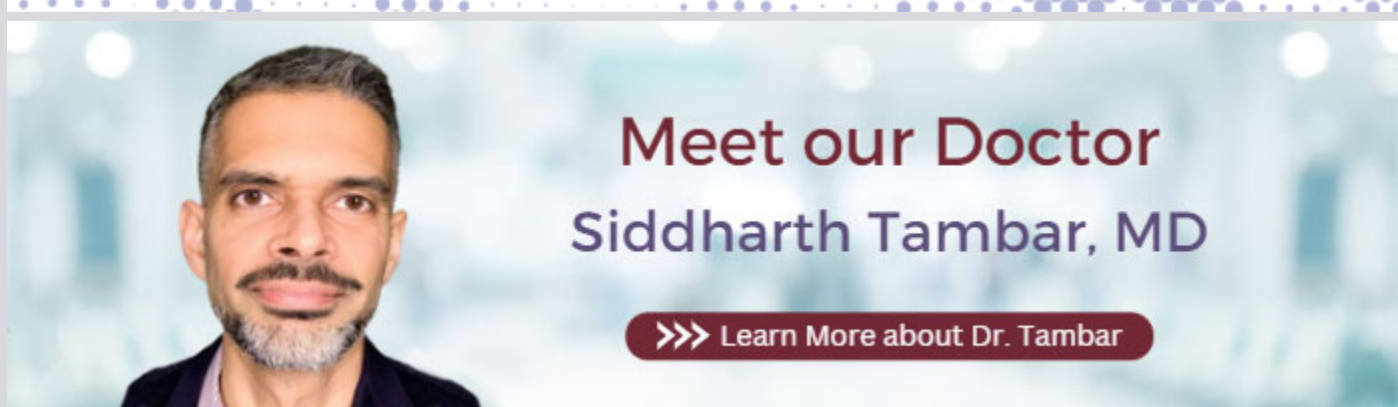
C2 Parking located at 708 W. Wayman ST (Behind Carnivale) offers

**\$10 All Day Parking**

Monthly Rates Available | Attendant on Duty  
 Cash or Card Accepted

**What's Happening In & Around Chicago**

July 5 – 7	July 27	August 16
<a href="#">Chicago Craft Beer Fest</a>	<a href="#">Classic Car Show</a>	<a href="#">Back to School Festival</a>
Jonquil Park Chicago	Heritage Park Performance Pavilion Wheeling	150 W Sunset Ave. Villa Park
July 13 – 14	August 3	August 22 – September 1
<a href="#">Southport Art &amp; Music Fest</a>	<a href="#">67th annual Corn Fest and Craft Fair</a>	<a href="#">VENARDOS CIRCUS "A Grand Of Time" Tour</a>
Chicago and Waveland Chicago	Community Church of Rolling Meadows Rolling Meadows	Benedictine University Lisle Campus Lisle
July 20 – 21	August 10 – 11	
<a href="#">Chicago Food Truck Festival</a>	<a href="#">The Great American Lobster Fest</a>	
South Loop Chicago	Navy Pier Chicago	



**Need More info?**

[CONTACT US →](#)



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