

FREE COMMUNITY LECTURE

TUESDAY, JUNE 25, 2013 (6:00 P.M. – 7:30 P.M.)

ARTHRITIS Wellness Series



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Orthopedic Surgeon, Southern California Orthopedic Institute



**Northridge Hospital
Medical Center**
5th Floor Hale Penthouse
18300 Roscoe Blvd.
Northridge, CA 91328

- ◆ Free parking at East Parking Structure off Etiwanda Ave.
- ◆ Utilize IFL Building entrance

Learning Objectives:

- ◆ Causes and prevention of various forms of arthritis
- ◆ Latest treatment and medications
- ◆ Surgery options and latest equipment and procedures
- ◆ How to prepare for joint replacements and what questions to ask your surgeon
- ◆ Lifestyle tips for nutrition and physical activity pre/post-surgery to be a successful patient

Light refreshments and educational funding provided by Stryker.

Please RSVP by Friday, June 21 to (800) 954-2873