



Sutter Orthopaedic
Institute

A Sutter Health Affiliate

Be active again



Arthritis / Joint Replacement Support Group

Schedule of meetings and topics to be presented

<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>	<u>TOPIC</u>
January 25	0900-1030	Conf Rm C	Nutrition
February 22	0900-1030	Conf Rm C	Ergonomics by Physical therapy
March 22	0900-1030	Conf Rm C	Dr. Weisner/Rheumatologist
April 26	0900-1030	Conf Rm C	Hand therapy
May 24	0900-1030	Conf Rm C	Managing/coping with arthritis
June 28	0900-1030	Cancer Center Library for Sutter Community Library Tour	
July 26	0900-1030	Conf Rm C	Core strengthening exercise
August 23	0900-1030	Conf Rm C	Infection Control
Sept 27	0900-1030	Conf Rm C	Dr. Weisner/Rheumatologist
Oct 25	0900-1030	Conf Rm C	To be determined

Event Details

Every 4th Monday
9:00 – 10:30 a.m.

**(Except Nov & Dec
due to the Holidays)**

Sutter General Hospital
2801 L Street
Sacramento, CA 95816

To register call,

1-877-361-BONE (1-877-361-2663) ext 5

sutterorthopedics.org