



Sutter Orthopaedic
Institute

A Sutter Health Affiliate

Be Active Again



Arthritis / Joint Replacement Support Group 2012

Schedule of meetings and topics to be presented

<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>	<u>TOPIC</u>
January 23	0900-1030	CC # 1 (Cancer Center)	Reiki
February 27	0900-1030	CC # 1	Power of Belief
March 26	0900-1030	CC # 1	Core Strengthening/Fall Prevention
April 23	0900-1030	CC # 1	NBP Chronic Pain Management
May 21	0900-1030	CC # 1	Surgical treatment for arthritis
June 25	0900-1030	CC # 1	ADLs - A patient's perspective
July 23	0900-1030	CC Library	Breast Health
August 27	0900-1030	CC # 1	Medications for arthritis
Sept 24	0900-1030	CC # 1	Dr. Weisner / Rheumatologist
Oct 22	0900-1030	CC # 1	Insurance - What you need to know

Event Details

Every 4th Monday
9:00 – 10:30 a.m.

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

Sutter Cancer Center
2800 L Street
Sacramento, CA 95816

To register call,

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

**Speaker and topic subject to change

**Call for updates