



Sutter Orthopaedic  
Institute

A Sutter Health Affiliate

# Be active again



## Arthritis/Joint Replacement *Support Group*

Whether it's a "twinge in the hinge" or a problem with mobility, living with arthritis is sometimes overwhelming.

The Arthritis/Joint Replacement Support Group provides a forum for education, discussion, problem solving, and support for those with arthritis or those who have had joint replacement surgery.

Learn to manage everyday  
activities  
and concerns.

### Event Details

Every 4<sup>th</sup> Monday  
9:00 – 10:30 a.m.

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

Sutter General Hospital  
2801 L Street  
Conference Room C  
Sacramento, CA 95816

[sutterorthopedics.org](http://sutterorthopedics.org)

To register call,

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