



Joint Replacement Educational Class

Our goal is to prepare you and your support person for your joint replacement surgery by familiarizing you with pre and post-operative procedures and goals for recovery. This FREE class is a wonderful opportunity for you to meet staff and have all your questions and concerns addressed.

Highlighted Topics:

- Admission process
- Nutrition
- Pain management
- Physical therapy
- Discharge planning
- Pre-home preparation

Be Active Again

WHEN:

Third Thursday of month

PLACE:

Sutter Roseville Medical Center
One Medical Plaza
Roseville
Conference Rms. 1 & 2
(next to cafeteria)

TIME:

9:30 - 11:00 a.m.

CALL:

(916) 781-1119



*Sutter Roseville
Medical Center*

A Sutter Health Affiliate

With You. For Life.

sutterorthopedics.org