



Healthy Joints, Healthy Weight

Hip and knee replacements can alleviate the pain of osteoarthritis. However, it's important to reach a healthy weight before your surgery.

Come to this class to learn more about the classes and resources we have to help you reach your goal.

How to Register:

- 1) Visit the Health Education Center located in the breeze way between 1 and 2 North
- 2) Call the Health Education Center at 972-3340
- 3) Take this flyer to any reception area and they will book you for the class

Schedule id: oaaweo, dept: hed, type: oaaw

A nurse practitioner, physical therapist and health educator teach this class



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