FALL SCHEDULE OF FREE WORKSHOPS

AN ENGAGING EXPERIENCE, THE LATEST INFORMATION,
AND REAL WORLD STRATEGIES FOR RELIEF PRESENTED
BY BOARD CERTIFIED ORTHOPEDIC SPECIALISTS















AGING WITH INDEPENDENCE - TUES SEPT 29TH @ 6:30 PM

ROTATOR CUFF AND SHOULDER PAIN - WED SEPT 30TH @ 6:30 PM

POSTURE, DESK AND LAPTOP SAFETY - TUES OCT 13 @ 6:30 PM

HEEL PAIN AND PLANTAR FASCIITIS - WED OCT 14 @ 6:30 PM

FIBROMYALGIA - WED OCT 21 @ 6:30 PM

KNEE PAIN - WED OCT 28 @ 6:30 PM

OSTEOPOROSIS - WED NOV 4 @ 6:30 PM

POSTURE, DESK AND LAPTOP SAFETY - TUES NOV 10 @ 6:30 PM

HEEL PAIN AND PLANTAR FASCIITIS -SAT NOV 14 @ 10 AM

ROTATOR CUFF AND SHOULDER PAIN - WED DEC 2@6:30 PM

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