

LIVE EVERY DAY IN MOTION



Don't let aches and pains stop you from being your active self

At St. Joseph Hospital, we're committed to keeping you happy, healthy and moving. Please join us for a free community education event, **Day of Orthopedics**, to hear from our orthopedic experts as they share important health information to get you - and keep you - active, pain-free and living every day in motion.

Date: Saturday, April 24, 2010

Time: 9 a.m. - 12 noon

Where: St. Joseph Hospital Outpatient Pavilion
1140 W. La Veta Ave., Orange, CA 92868

Lectures include:

- How to Prevent and Treat Hip, Knee and Shoulder Injuries After 40 - Ayaz Biviji, M.D.
- The Latest Treatment for Common Foot and Ankle Injuries - Daniel Tucker, D.P.M.
- New Treatment Options for Carpal Tunnel Syndrome - Paul Dinh, M.D.
- Ease Back Pain Without Having Surgery - Jack Chen, M.D.
- High-Tech Tools for Spine Surgery - Gregory Carlson, M.D.

*Event includes refreshments & opportunity drawings

Register:

Call 714-633-DOCS (3627) or visit sjo.org/calendar to register online



Ranked among "America's Best Hospitals"
in Orthopedics by U.S. News & World Report



St. Joseph Hospital 
ST. JOSEPH
HEALTH SYSTEM