

Don't Turn Your Back On Knee & Hip Pain



Free Seminar

Joint Replacement Camp

*Wednesday, March 26th
8:00 a.m.*

The Clubhouse (4th floor)

To register or for more
information call:

(219) 326-2392 or
(800) 235-6204 ext. 2392

www.laportehhealth.org

- Free monthly seminars. Learn what you can do to relieve knee and hip pain, the causes, exercises, latest treatments, medications and nutrition to help you return to a more active lifestyle.
- Education on what to expect before, during and after surgery.
- Quicker healing process with encouragement from others going through the same experiences.
- A “Clubhouse” for group exercises and meal times.
- The opportunity to experience nursing excellence in a Magnet™ hospital.
- Outpatient rehabilitation at The Crossing of La Porte Hospital.

 **La PORTE REGIONAL
HEALTH SYSTEM**

A Clarian Health Partner