



MONTHLY HIP AND KNEE JOINT REPLACEMENT CLASSES

Prepare for Hip and Knee Joint Replacement Surgery with our monthly pre-op classes every fourth Thursday from 2-3 p.m. in our Liberty Room 2, located on the first floor.

For more information or to register for the class, please call 247-1757.

*Indicates off cycle meeting date due to Thanksgiving Holiday



**Shasta Regional
Medical Center**

Treating People Well

**Our Joint Team
experts will
educate you on
what to expect,
before, during and
after surgery**

**Caring for yourself
before surgery**

**Pre-op
Check List**

**What to expect
after surgery**

**Recovering at
Home**

JOIN US!

**JULY 27
AUGUST 24
SEPTEMBER 28
OCTOBER 26
NOVEMBER 16*
DECEMBER 28**

FROM 2-3 P.M.