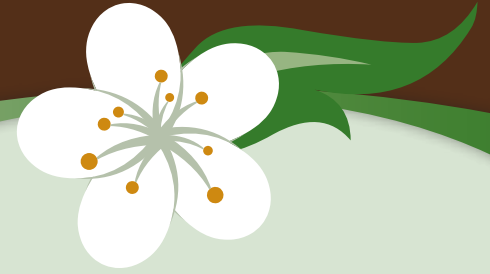


Preparing for Surgery

Hip, Knee and Shoulder Replacement Surgeries



Upcoming Dates

Jan 10, 24
Feb 7, 21
Mar 6, 20
Apr 3, 17
May 1, 15, 29
June 12, 26
July 10, 24
Aug 7, 21
Sept 4, 18
Oct 2, 16, 30
Nov 13, 27
Dec 11

For more information
about upcoming classes
or to register, please call
(530) 749-5700 x3999

sshnv.org

Sutter Surgical Hospital – North Valley, North Valley Orthopedics and Sutter Medical Foundation’s Home Health, Orthopedic and Physical Therapy Departments are offering a **FREE** class to those who will be having hip or knee replacement surgeries. The class will help ensure you are properly prepared for surgery and provide you with the tools and education needed for a quick recovery.

Classes will cover:

- ▶ Understanding your surgical procedure
- ▶ Understanding your rehabilitation
- ▶ Exercise, safety, activities of daily living and assistive equipment needs
- ▶ Preparing you and your home before the surgery

Location:

Sutter Surgical Hospital - North Valley
455 Plumas Blvd. in Yuba City



*Sutter Surgical Hospital –
North Valley*

A Sutter Health Affiliate

With You. For Life.

