

Living Healthy Series

Join us for any or all of these cutting-edge presentations by local experts in each field!

Thursday evenings; 5:30-7:00 pm; \$5 suggested donation.

Light supper at 5:30 with presentation at 6:00.

Pre-registration requested by calling 978-623-8320.

- March 9:** Spine and Orthopedics: Understanding Spine and Orthopedic Pain and Your Management Options; Lawrence General Hospital
- March 16:** Diabetes Management and Plant-based diets; Pavilion Medical
- March 23:** To be announced
- March 30:** Women's Health Month: Incontinence: common causes and solutions presented by Judith West, RPT Physical Therapist; Holy Family Hospital
- April 6:** Non-pharmaceutical approaches to pain management. Pavilion Medical Home Care
- April 13:** Hand Pain, Carpal Tunnel & Osteoarthritis present by Xavier Simcock, MD Orthopedic Surgeon; Holy Family Hospital
- April 20:** Joint Replacements and Robotics presented by Gregory Johnson, MD Orthopedic Surgeon; Holy Family Hospital
- April 27:** Pain Management: General and Back present by Stephanie Gianoukos, MD Pain Specialist; Holy Family Hospital
- May 4:** Shoulder Pain present by Joshua Philbrick, MD Orthopedic Surgeon; Holy Family Hospital

These events were arranged with the assistance of

**Lawrence General Hospital, Holy Family Hospital
Atria Marland Place, Pavilion Medical Home Care**

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