

Living Healthy Series

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.

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

- * **March 9:** Spine and Orthopedics: Understanding Spine and Orthopaedic Pain and Your Management Options; Lawrence General Hospital
- * **March 16:** Diabetes Management and Plant-based diets; Pavilion Medical
- * **March 23:** Heart Health - how men and women's symptoms and treatment differ; Humble Home Care
- * **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 presented 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 presented by Stephanie Gianoukos, MD Pain Specialist; Holy Family Hospital
- * **May 4:** Shoulder Pain presented by Joshua Philbrick, MD Orthopedic Surgeon; Holy Family Hospital
- * **May 11:** Home Town Resources...powerful age-related information. Panel discussion with Elder Services of the Merrimack Valley: take this opportunity to hear all the many services ESMV provides.

These events were arranged with the assistance of:

**Lawrence General Hospital
Holy Family Hospital
Atria Marland Place
Pavilion Medical Home Care
Great Lakes Caring**

Thank you!