



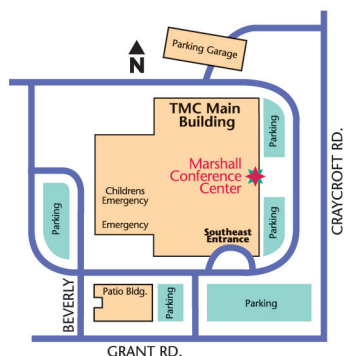
Love your Bones

Saturday, February 18: 8:30am - 12:30pm

Tucson Medical Center and
Tucson Orthopaedic Institute present
Love Your Bones!

At TMC's Marshall Conference Center

You only get one set of bones! Learn how to keep them in the best shape possible by attending this half-day seminar filled with medical professionals giving valuable information on issues related to bone and joint health, along with nutrition and exercise demonstrations, on-site bone density checks, strength testing, chair massage, and much more!



Light refreshments will be served.
This event is FREE to participants.

For more information including a schedule of events for **Love Your Bones!**, go to www.tmc.az.com

For questions, please call
520-324-1960

**TUCSON
ORTHOPAEDIC
INSTITUTE**

Clinical Staff from TMC and Tucson Orthopaedic Institute will present the following topics:

- Current Options to Help Arthritic Hip and Knee Joints
- Latest Treatment Techniques for Foot and Ankle Injuries
- Treatment Innovations for Joint Disorders of the Spine
- How to Get the Best Return on Your Exercise Investment

 **Tucson
Medical
Center**

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Choose Well

