

Live Well

Senior Seminar Series - January *thru* April 2011

Live Well is a *free* educational seminar series for older adults that tackles key issues facing Seniors.



Learn.
Identify.
Do.

Please join us as we kick off our 6th year of Live Well - Senior Seminars

January Seminar

Wednesday, January 26, 2011 • 9 to 11am

Shoulder Pain/Injuries & Rotator Cuff Repair

Presenter: Dr. Carl Wierks, MD

Total Joint Replacement Including the Anterior Approach to Total Hip Replacement

Presenter: Dr. Derick Johnson, DO

This presentation has two new orthopaedic surgeons from The Bone and Joint Center speaking on their areas of specialty. Exciting news about the anterior approach to total hip replacement is it allows patients to be on fewer restrictions post-operatively and results in decreased hospital stays. Dr. Derick Johnson is only one of two surgeons in the state of Michigan who perform this procedure. You are sure to benefit from this two-part presentation.

February Seminar

Wednesday, February 23, 2011 • 9 to 11am

Arthritis Knee Pain

Presenter: Dr. Joel R. Wolfe, MD
Shoreline Orthopaedics

Is knee pain limiting your activities? Learn about the latest treatment options to help alleviate and manage your knee pain allowing you to return to your active lifestyle and keep you moving.

March Seminar

Wednesday, March 23, 2011 • 9 to 11am

Spinal Stenosis

Presenter: Dr. Adam Kremer
The Brain & Spine Center

What is Spinal Stenosis? Is this something you may be suffering from? How can it be treated? This narrowing of spaces in the spine can cause pressure on the spinal cord and/or nerves that can lead to discomfort and pain. Learn more from Dr. Adam Kremer about what causes this condition and how it can be managed and treated.

April Seminar

Wednesday, April 27, 2011 • 9 to 11am

Meal Planning for Seniors

Presenter: Rima Deek

Have you ever been challenged with cooking for just one or two? What are some fun and easy ways for meal planning? Zeeland Community Hospital Dietitian Rima Deek joins us again to share ways to get the most of out your meals! Bon Appetit!

To register, or for more information, please call 616.748.2834.



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