

What you need to know before your hip or knee replacement.

Pre-Operative Joint Replacement Classes 2019

Sentara OrthoJoint Center®
Orthopedic Hospital at Sentara Leigh



Space is limited, so please make your reservation early.

You and a family member or friend who will be your "Coach" are invited to join us for an interactive program about hip and knee replacements.

- Learn what you can expect before, during and after your surgery to put your mind at ease.
- Hear from members of our nursing and therapy teams.
- Benefit from a question and answer session.
- **REGISTER** by phone or online for a morning or afternoon class that is convenient for you.
- Please **bring a sweater or jacket** to ensure your comfort during the workshop.
- Please bring a friend or family member (Coach) who will be helping you during your recovery.
- Allow extra time for travel and parking. The classroom is on the first floor of Sentara Leigh Hospital, near the main entrance and Gift Shop.

For an overview of the Sentara OrthoJoint Center® experience, visit SentaraOrthoJointCenter.com/video.

Classes are held at
Sentara Leigh Hospital

830 Kempsville Road, Norfolk
Elizabeth River Conference Room, First Floor

Morning Classes 9:00 – 11:30 a.m.

January	8	15	22	29	
February	5	12	19	26	
March	5	12	19	26	
April	2	9	16	23	30
May	7	14	21	28	
June	4	11	18	25	
July	2	9	16	23	30
August	6	13	20	27	
September	3	10	17	24	
October	1	8	15	22	29
November	5	12	19	26	
December	3	10	17	31	

Afternoon Classes 1:00 – 3:30 p.m.

January	7	14	21	28	
February	4	11	18	25	
March	4	11	28	25	
April	1	8	15	22	29
May	6	13	20	28	
June	3	10	17	24	
July	1	8	15	22	29
August	5	12	19	26	
September	3	9	16	23	30
October	7	14	21	28	
November	4	11	18	25	
December	2	9	16	23	30

Register for the educational class
at Sentara.com/OrthoJointCenter
or call 1-800-736-8272.



sentara.com/OrthoJointCenter
Your community, not-for-profit health partner

Atención: si habla español, tiene a su disposición servicios lingüísticos gratuitos. Llame al 844-809-6648.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 844-809-6648 번으로 전화해 주십시오.

注意: 如果您讲中文普通话, 则将为您提供免费的语言辅助服务。请致电 844-809-6648。

ATTENTION: Language assistance services are available to you free of charge. Call 844-809-6648.

Sentara complies with applicable Federal Civil Rights Laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.