



Keep up with what's important.

Get back to what you love.

If joint pain and lack of mobility are keeping you from activities you used to enjoy, our Joint Replacement Program can help. If surgery is right for you, our orthopedic surgeon will plan your surgical treatment, and our dedicated team of orthopedic surgeons, nurses and physical therapists - along with your medical doctor - will oversee your care. With minimal incision techniques, the latest implant designs, multi-modal pain management and rapid rehabilitation, Mountainside will get you moving again.

This seminar by Dr. John Mendes, Chief of the Division of Orthopedic Surgery, will highlight the latest non-surgical and joint replacement options for relieving pain and arthritis available through our highly skilled staff of orthopedic surgeons.

▶ **JOINT PAIN AND ARTHRITIS SEMINAR**

Surgical and Non-Surgical Options

March 14

June 13

September 12

December 12

Time: 5-6 PM

Location: Hospital Conference Room 2

Mountainside Hospital | 1 Bay Avenue | Montclair, NJ 07042

MOUNTAINSIDE
HOSPITAL

▶ **REGISTER AT:** www.mountainsidehosp.com/jointpain or call 1.888.973.4MSH