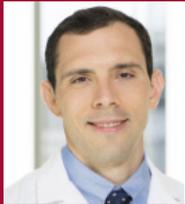


Stay Active By Keeping Your Joints Healthy



Having healthy joints will allow you to run, walk, jump, play sports, and do the other things you like to do for decades to come. Join us for a health talk with Orthopedic Surgeon James O'Dowd, MD, from USC Arcadia Hospital and learn about tips for healthy joints, ways to reduce joint pain and how to protect joints as we age. Dr. O'Dowd will also share the latest technology in joint replacement procedures.



Wednesday
January 17
8 to 9 a.m.

TWO WAYS TO JOIN

In Person:

Register today at
<https://bit.ly/3RkUoBo> or
scan the QR code



Location: Santa Anita Family YMCA
501 Mountain Ave, Monrovia, CA 91016

Facebook Live:

Watch live or review previous lectures
on the USC Arcadia Hospital Facebook page:
www.facebook.com/USCArcadiaHospital

USC Arcadia Hospital and Santa Anita Family YMCA
Present a Health Lecture

For future lectures, go to our website at
www.uscarcadiahospital.org/commoutreach.

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