

# Orthopaedic and Sports Physical Therapy

## FREE WORKSHOPS!

### SANTA ROSA OFFICE

795 Farmers Ln.

707-571-7615

Please RSVP Space is limited!

*Bagels and Coffee Served!*

**JULY 16<sup>TH</sup> - “I think I threw my arm out” – Care & Prevention of Shoulder Injuries**  
9:00am by John Stithem

**JULY 30<sup>th</sup> - Balance and Fall Prevention**  
9:00am by Robin Samay

**AUGUST 13<sup>TH</sup> - Chronic Pain**  
9:00am by Andrew Hughey

**SEPTEMBER 10<sup>TH</sup> - “Help I’ve fallen & I can’t get up”**  
9:00am by John Stithem

**SEPTEMBER 24<sup>TH</sup> - Osteoporosis / Bone Health**  
9:00 am by Robin Samay

**OCTOBER 25<sup>TH</sup> - Prevention of Running Injuries**  
9:00am by Andrew Hughey

### OAKMONT WORKSHOPS

6574 Oakmont Dr.

707-539-5256

Please RSVP Space is limited!

*Bagels and Coffee Served!*

**JULY 9<sup>TH</sup> - Foot Pain**  
9:00am by Rob Leavitt

**JULY 23<sup>RD</sup> – Pathology & Prevention of Neck Injuries**  
9:00am by Misty Black

**AUGUST 6<sup>TH</sup> – Balance & Fall Prevention**  
9:00am by Ken Bariel

**AUGUST 20<sup>TH</sup> – Elbow Pain**  
9:00am by Robert Leavitt

**SEPTEMBER 10<sup>TH</sup> – Diabetes**  
9:00am by Misty Black

**SEPTEMBER 24<sup>TH</sup> – Shoulder Pain**  
9:00am by Ken Bariel