



# Joint Replacement Educational Class

Our goal is to prepare you and your support person for your joint replacement surgery by familiarizing you with pre and post-operative procedures and goals for recovery. This FREE class is a wonderful opportunity for you to meet staff and have all your questions and concerns addressed.

## Highlighted Topics:

- Admission process
- Nutrition
- Pain management
- Physical therapy
- Discharge planning
- Pre-home preparation

## *Be Active Again*

### **WHEN:**

Every Tuesday

### **PLACE:**

Sutter Cancer Center  
2800 L Street,  
Sacramento  
(Meet facilitator in the lobby.)

### **TIME:**

1:00 - 3:30 p.m.

### **CALL:**

1-877-361-2663,  
ext #5



*Joint Replacement Center at  
Sutter Medical Center, Sacramento*

A Sutter Health Affiliate

*With You. For Life.*

[sutterorthopedics.org](http://sutterorthopedics.org)