

## FREE HEALTH LECTURES

# Say Goodbye to Chronic Aches & Pains



## SATURDAY, JUNE 20 | 9 A.M. TO 12:30 P.M.

Does your knee throb when you climb stairs? Is back pain disrupting your sleep? Are achy feet slowing you down? These situations are all different, but they have one thing in common: They put a damper on your active life. Luckily, there are proven treatment options for all of those conditions.

Come hear physician experts from Boulder Community Health describe the latest treatment strategies for relieving your specific pain.

### Easing Arthritis Knee Pain

9:00 - 9:45 a.m.

*C. Brian Blackwood, MD, with Mapleton Hill Orthopaedics*

Come hear about non-surgical and innovative surgical treatments for relieving the pain of degenerative knee arthritis.

### Pain Relief for Foot and Ankle Problems

9:15 - 10:00 a.m.

*Mark Birmingham, DPM, with Boulder Medical Center*

Hear about effective pain-relief measures and treatments for common foot and ankle problems.

### Effective Treatments for Back Pain

10:15 - 11:00 a.m.

*David Shafer, MD, with Boulder Neurosurgical & Spine Associates*

Find out about the latest treatment options for disorders of the spine such as spinal stenosis, misalignment and facet joint pain.

### Location

Plaza Conference Center  
1850 Industrial Circle Longmont, CO  
(Located behind the  
Best Western Plaza Hotel)

### Reservations required

RSVP now at [bchlectures.org/ortho-day](http://bchlectures.org/ortho-day) or 303-441-0580

### Latest Treatments for Painful Hips

10:30 - 11:15 a.m.

*C. Brian Blackwood, MD, with Mapleton Hill Orthopaedics*

Learn about the newest approaches for relieving the pain of an arthritic hip, from anti-inflammation medicines to innovative surgical options.

### Relieving the Pain of Hand & Wrist Arthritis

11:30 a.m. - 12:15 p.m.

*Daniel Master, MD, with Mapleton Hill Orthopaedics*

Hear about steps you can take to reduce the pain of hand and wrist osteoarthritis — also called wear-and-tear arthritis — from exercises and medications to minimally invasive surgery.

**Each presentation will be followed by a 15-minute Q&A session.**



Boulder  
Community  
Health