Wellness SEMINAR SERIES



Saturday, November 11 • 9 a.m. – 4 p.m. Sands Casino Resort Bethlehem - 77 Sands Blvd., Bethlehem, PA - Berks Meeting Room (lower level near Sands Hotel entrance)

Join us for a day filled with inspirational, educational and entertaining seminars led by area speaking professionals on a variety of subjects that matter to you!



9:00 a.m. - 10:00 a.m. Neutraceuticals: The Secret to Successful (Orthopedic) Surgery Thomas Meade, M.D. - Department Chair, Orthopedic Knee Surgery Voted 'Best Surgeon' in The Citizens' Voice Readers' Voice Awards



10:15 a.m. - 10:45 a.m. *Why Does My Shoulder Hurt?* Dan Terpstra, D.O. - *Department Chair, Orthopedic Shoulder Surgery, Lehigh University Team Physician*



10:45 a.m. – 11:15 a.m. Managing Your Foot and Ankle Arthritis Stephen Brigido, D.P.M - Department Chair, Foot and Ankle Reconstruction





11:30 a.m. - 12:30 p.m. Advanced Non-Operative and Operative Spine Pain Solutions Christopher Wagener, M.D. - Department Chair, Orthopedic Spine Surgery, Vice Chief of Staff Vikram Arora, D.O. - Physiatry



12:45 p.m. - 1:15 p.m. *How a Hip Replacement Can Help You Enjoy Life Again* Brett Godbout, M.D. - *Orthopedic Surgeon, Medical Executive Committee Vice-Chief*



1:15 p.m. - 1:45 p.m. *Pain Management 2017* Kenneth Choquette, D.O. - *Pain Management*



2:00 p.m. - 3:00 p.m. Depression in Trauma patients Dr. Raja Abbas, M.D. - Psychiatry

Free Refreshments!

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