

PATIENT SEMINAR

Stay Active: Joint Preservation and Arthritis Prevention



WEDNESDAY, NOVEMBER 2

Learn options for joint preservation, avoiding arthritis and maintaining a great quality of life from Dr. Harish Hosalkar at Paradise Valley Hospital. Refreshments provided!



Dr. Harish Hosalkar

Staying active is a great way to stay young and achieve and maintain fitness. But sometimes, the consequences of an active lifestyle is a joint or bone injury. If you find that you are suffering stubborn—or even debilitating—joint pain, or suspect that you may be developing arthritis, you may benefit from a number of non-surgical or surgical options to address what’s wrong. Come to the “Staying Active” informational seminar given by Dr. Harish Hosalkar, a nationally renowned and decorated orthopedic surgeon at Paradise Valley Hospital’s San Diego Spine & Joint Center. Learn about the latest techniques and treatments to alleviate pain and correct bone and joint injuries to help keep you active, happy, and young!

DATE & TIME

Wednesday, Nov. 2, 6 p.m.

Learn strategies to stay active: Joint Preservation and Arthritis Prevention with Dr. Harish Hosalkar

- Refreshments served
- Dr. Hosalkar available post-seminar for Q&A until 8 p.m.

LOCATION

Paradise Valley Hospital
Lobby Conf. Room

2400 Fourth Street
National City, 91950

Free parking

RSVP

(844) 784-2255

PARADISEVALLEYHOSPITAL.ORG



**Paradise Valley
Hospital**



PATIENT SEMINAR

Stay Active: Joint Preservation and Arthritis Prevention

November 2, 6 PM

Paradise Valley Hospital, Lobby Conference Rooms

The hospital is located at **2400 East Fourth Street in National City, 91950**, on the corner of 4th Street and Euclid Avenue. **The seminar will start at 6 PM in the Lobby Conference Rooms** and will include a tour of the San Diego Spine & Joint Center. Refreshments will be served.



Enter the hospital campus by driving through the 4th Street entrance and then turning right into the parking lot. The Lobby entrance is located behind the statue of Christ the Healer at the center of the traffic circle.

- ★ Main Entrance: location of Lobby Conf. Room
- B Emergency Care
- C Southbay Rehabilitation Center
- D Outpatient Pavilion Building 655
- E SD Spine & Joint Center (4th Floor)
- F Surgical Department
- G Behavioral Health
- H Heritage House
- I 502 Medical Office Building
- J 610 Medical Office Building
- K Wellness Center/2345 Building
- M Outpatient Pavilion Entrance



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