



FREE Wellness Lecture* *Suffer from Hip Pain? Learn about treatment options.*

By Robert Rupp, MD & Rene Hoogendijk, MPT

Wednesday, March 7 ~ 6 -7pm

Lake Tahoe Community College, Aspen Room, South Lake Tahoe

Wednesday, March 21 ~ 6 -7pm

Sierra Nevada College, Tahoe Center for Environmental Sciences, Incline Village

Learn about:

- Common hip conditions that cause pain
- Healthy hip exercises & stretches
- Understanding hip arthroscopy & hip replacement

**Attend any four of Barton's 2012 Wellness lectures and be automatically entered to win a 2012/2013 season pass to a Lake Tahoe ski/snowboard resort and other great prizes!*

Upcoming Lectures:

Monday, April 2

Skin Cancer - Diagnosis, Treatment & Prevention
Kahle Community Center
6 - 7pm

Wednesday, April 4

Musculoskeletal Ultra-sound in Sports Medicine
Lake Tahoe Community College
6 - 7pm

Call 530.543.5656 or visit bartonhealth.org/lecture for details.