

# Road to Recovery

## PRE-TOTAL JOINT REPLACEMENT SURGERY EDUCATIONAL CLASS

**Having a total-hip or total-knee replacement? Get educated and prepared by attending this free class.**

**Our goal** is to introduce you to our hospital and give you and your family or coach all the tools you need to prepare for joint replacement surgery. At the educational class, you will learn:

- **How to prepare** your home for a safe return after surgery
- **What to expect** during your hospital stay
- **How to manage** your discomfort and exercise after surgery
- **How to navigate** your home safely after surgery

**First and Third THURSDAYS  
of the Month**

**2–3:30pm**

**Adventist Health Lodi Memorial  
Medical Center**

975 S Fairmont Ave • Lodi

Enter and check in at the main  
hospital lobby

**Patients are encouraged to bring a  
friend or family member to the class.**

This FREE class offers you an important opportunity to meet our team and have your **questions answered.**

**For more information and to sign up to attend a class,**  
call our Orthopedic Nurse Navigator at 209-339-7870.