

If you're having a total joint replacement, this class will describe how to prepare for surgery, as well as challenges you will face during recovery. Taught by a nurse and a case worker/social worker, you'll learn about your pre-surgery instructions, what to expect during your hospital stay and suggestions for a successful rehabilitation and recovery once you are discharged.

Registration

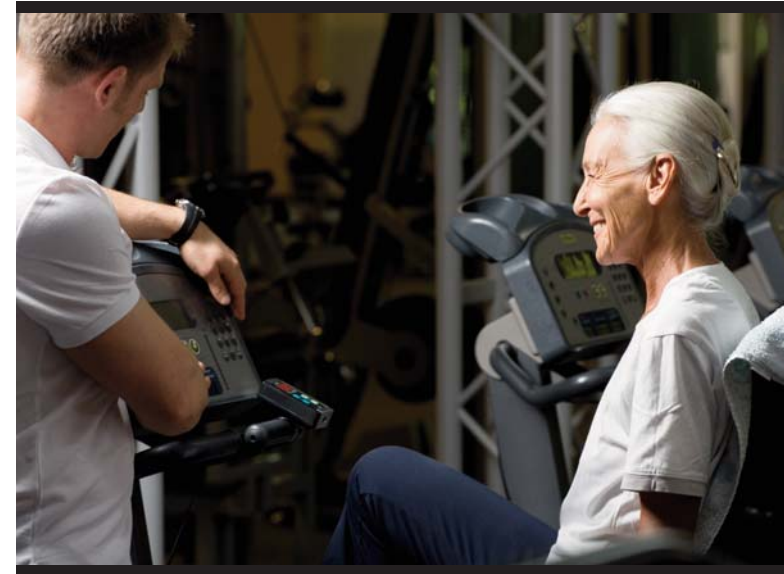
We recommend choosing a class at the hospital where you will be having your surgery. However, you are welcome to attend any scheduled class. The person who will help you recuperate after surgery is strongly encouraged to attend with you.

To register, call 614-234-LIFE (5433). Registration is required.

Cost

There is NO FEE for the class or for the book given to you at the class.

MOUNT CARMEL 2010 Total Joint Replacement Class



MOUNT CARMEL



MOUNT CARMEL

mountcarmelhealth.com

Mount Carmel East

Day Classes

10:30 - 11:30 a.m. OR 1:30 - 2:30 p.m.

Knee

January 4, 11, 18, 25	July 12, 19, 26
February 1, 8, 15, 22	August 2, 9, 16, 23, 30
March 1, 8, 15, 22, 29	September 13, 20, 27
April 5, 12, 19, 26	October 4, 11, 18, 25
May 3, 10, 17, 24	November 1, 8, 15, 22, 29
June 7, 14, 21, 28	December 6, 13, 20, 27

Hip

January 6, 13, 20, 27	July 7, 14, 21, 28
February 3, 10, 17, 24	August 4, 11, 18, 25
March 3, 10, 17, 24, 31	September 1, 8, 15, 22, 29
April 7, 14, 21, 28	October 6, 13, 20, 27
May 5, 12, 19, 26	November 3, 10, 17, 24
June 2, 9, 16, 23, 30	December 1, 8, 15, 22, 29

Evening Classes

6:00 p.m. - 7:00 p.m.

Hip & Knee

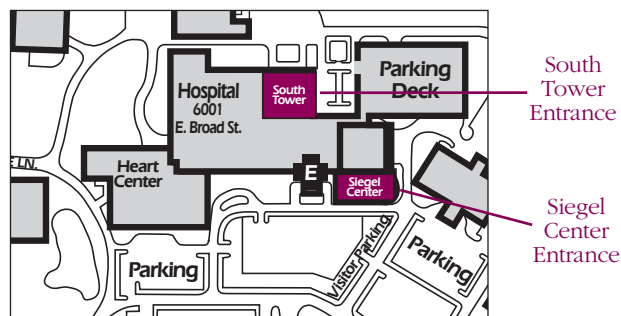
January 6	July 7
February 3	August 4
March 3	September 1
April 7	October 6
May 5	November 3
June 2	December 1

Day Classes will be held in the South Tower in the 3rd floor conference room. Evening Classes will be held in the Siegel Center East Auditorium.

Directions

For **Day Classes**, parking is available on the parking deck behind the hospital. Enter through the South Tower entrance and take the elevators to the 3rd floor. Turn left off the elevators and follow the signs.

For **Evening Classes**, enter through the Siegel Center, not the main entrance. If you are having a great deal of difficulty walking, we suggest that someone drop you off at the west entrance of the Siegel Center.



Mount Carmel West

Day Classes

10:00 a.m. - 12:00 p.m.

Hip & Knee

January 11	July 12
February 8	August 9
March 8	September 13
April 12	October 4
May 10	November 1
June 7	December 6

Evening Classes

6:00 p.m. - 8:00 p.m.

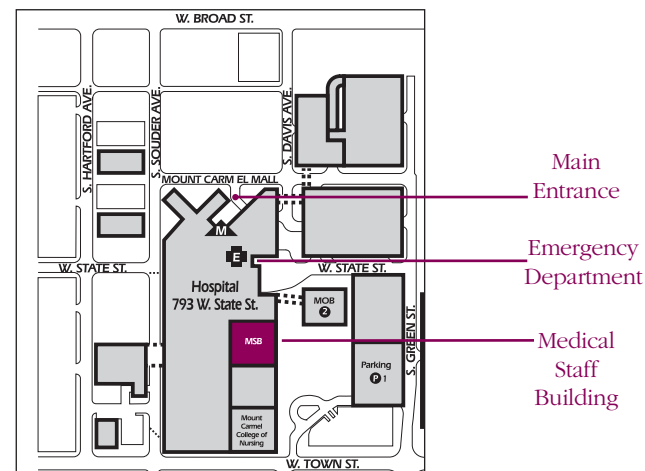
Hip & Knee

January 27	July 28
February 24	August 25
March 24	September 22
April 28	October 27
May 26	November 17
June 23	December 15

All classes will be held on the second floor of the Medical Staff Building in rooms 2B and 2C.

Directions

Go to the Medical Staff Building next to the Emergency Department turnaround. Instruct the valet attendant that you are attending the Total Joint Replacement Class. The attendant will take possession of your vehicle. At the end of class, the attendant will bring your car to the same area free of charge (when using the one voucher given out in the class).



Mount Carmel St. Ann's

Day Classes

10:00 a.m. - 12:00 p.m.

Hip & Knee

January 21	July 15
February 18	August 19
March 18	September 16
April 15	October 21
May 20	November 18
June 17	December 16

Evening Classes

6:00 p.m. - 8:00 p.m.

Hip & Knee

January 6	July 7
February 3	August 4
March 3	September 1
April 7	October 6
May 5	November 3
June 2	December 1

All classes will be held in the Board Room in the West Wing.

Directions

Please enter under the Main Entrance sign. At this point there are two entrances. Use the door on the left marked West Wing Entrance and follow the signs to the Board Room which is on the first floor on the right.

