

Ski-snowboard injury prevention lecture

Tahoe Center for Orthopedics' and U.S. Ski and Snowboard Team physicians Terrence Orr and Jonathan Finnoff will give a lecture focusing on ski and snowboard injury prevention and treatment options on Jan. 5 from 6-7pm at Lake Tahoe Community College (One College Avenue, South Lake Tahoe).

The event is free.

In addition to ski and snowboard injury awareness, surgical and non-surgical approaches to injury treatment will be addressed.

Orr and Finnoff bring years of winter injury experience, serving Lake Tahoe and beyond. From the beginner snowboarder to the advanced skier, this talk will address a multitude of accident scenarios and prevention techniques.

This lecture is part of Barton Health's 2012 wellness lectures. Attendees will receive an attendance "punch card" and automatically be entered to win a 2012-13 season pass to a Lake Tahoe ski resort, in addition to other prizes.

For more information, call (530) 543.5656.