

Talk to focus on knees and winter sports

Hear from a team of experts on Nov. 4 about how to stay injury free during the winter season.

Terry Orr from Tahoe Center for Orthopedics will share what happens when a knee gets injured and LTCC anatomy Professor Beach Orr will teach about the anatomy of the knee. Two of Barton Health's certified athletic trainers will also lead participants in exercises to get the winter season going.

The free talk is from 6-7pm at Lake Tahoe Community College's board room.