



FREE
Wellness
Lecture

Rotator Cuff & Shoulder Injury Prevention

Kyle Swanson, M.D. & Kris Terrian, ATC, LAT
Tahoe Orthopedics & Sports Medicine

Wednesday, April 27, 2011

6:30 - 7:30pm

Lake Tahoe Community College, Aspen Room

For details, call 530.543.5656.

Learn about:

- Frozen shoulder
- Shoulder instability
- Rotator cuff tears
- Impingement syndrome
- Shoulder exercise demonstration

Upcoming Lecture:

Tuesday, May 24

Nutrition 101: What are you eating?

Lynn Norton, R.D.

Kahle Community Center

6:30 – 7:30pm

bartonhealth.org/lecture