

ILLINOIS BONE & JOINT INSTITUTE AND GLENVIEW TERRACE PRESENT **SUMMER ORTHOPEDIC SEMINARS**

Don't miss these **FREE** summer seminars where you'll discover today's most effective methods of diagnosing, treating and conquering pain.



Pain Management & the Overuse of Opioids **Wednesday, June 19**

Presented by Dr. Brooke Vanderby & Dr. Mehul Garala
Illinois Bone & Joint Institute



Discover today's non-narcotic, holistic and integrative ways to manage chronic pain for a variety of conditions—as well as exploring the latest advances in minimally invasive procedures.



Learn How Movement, Nutrition, Stress and Sleep Management Can Help you to Move Better and Live Better **Wednesday, July 17**

Presented by Dr. Eric Chehab, Donna Taylor, Health Coach, LMT and Sheryl Gray, Registered Dietician
Illinois Bone & Joint Institute



OrthoHealth, an individualized program developed by Illinois Bone & Joint Institute, helps patients decrease their joint pain, move more efficiently and lose weight. This unique approach to orthopedic care brings together an integrated network of physicians, physical therapists, dietitians, health coaches and other professional partners that will lead patients on a path to make long-term lifestyle changes that will improve their mobility.



Hip and Knee Replacements: The Latest News **Wednesday, August 21**

Presented by Dr. Sean Sutphen
Illinois Bone & Joint Institute

Experiencing hip or knee pain? Explore the latest non-operative and operative treatments, including robotic, minimally invasive and computer-assisted surgical techniques.

Appetizers – 5:30 to 6 pm
Presentation – 6 to 7 pm

Glenview Terrace
1511 Greenwood Road

Space is limited. RSVP to Kayleigh Bourbon today at 312.515.0720 or kbourbon@glenviewterrace.com.

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