



To learn more about our orthopedic services, visit [scripps.org](http://scripps.org).

## STRIDE: Total Joint Replacement Program

Are you considering HIP/KNEE replacement surgery?

If so, then don't miss this important class. It will help you understand what to expect every step of the way — from initial visits with your orthopedist, through surgery and post-surgical care, to our physical rehabilitation program. The STRIDE: Total Joint Replacement program is designed to get you back in action as soon as possible. Most people who participate in a pre-operative program prior to joint replacement surgery recover better than those who do not.

**REGISTRATION IS REQUIRED.** For registration and more class information, please call **1-760-575-7216**. (*Location & Time may change*)

### 2020 Classes (HIP/KNEE)

#### Scripps Memorial Hospital Encinitas (SMHE)

354 Santa Fe Drive  
Encinitas, CA 92024

**1–2:30 p.m.**

**Check-in at 12:45 p.m.**

Jan. 7, 21	July 7, 21
Feb. 4, 18	Aug. 4, 18
Mar. 3, 17	Sept. 1, 15
April 7, 21	Oct. 6, 20
May 5, 19	Nov. 3, 17
June 2, 16	Dec. 1, 15

#### Scripps Coastal Medical Center (SCMC)

130 Cedar Road  
Vista, CA 92083

**9–10:30 a.m.**

**Check-in at 8:45 a.m.**

Jan. 7, 21	July 7, 21
Feb. 4, 18	Aug. 4, 18
Mar. 3, 17	Sept. 1, 15
April 7, 21	Oct. 6, 20
May 5, 19	Nov. 3, 17
June 2, 16	Dec. 1, 15

