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STRIDE: SPINE Program

Are you considering SPINE 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: SPINE Program is designed to get you back in action as soon as possible. Most people who participate in a pre-operative program prior to spinal 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 (SPINE)

Scripps Memorial Hospital Encinitas (SMHE)
 354 Santa Fe Drive
 Encinitas, CA 92024
9–10:30 a.m.
Check-in at 8:45 a.m.

Same Location
12–1:30 p.m.
Check-in at 11:45 a.m.

Jan. 8	Jul. 8	Jan. 22	Jul. 22
Feb. 5	Aug. 5	Feb. 19	Aug. 19
Mar. 4	Sept. 2	Mar. 18	Sept. 16
Apr. 8	Oct. 7	Apr. 22	Oct. 21
May 6	Nov. 4	May 20	Nov. 18
Jun. 3	Dec. 2	Jun. 17	Dec. 16

