



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

## 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 orthopaedist, 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.**

Mar. 4

Apr. 8

May 6

Jun. 3

Jul. 8

Aug. 5

Same Location

**1–2:30 p.m.**

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

Mar. 18

Apr. 22

May 20

Jun. 17

Jul. 22

Aug. 19



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### Register as easy as 1-2-3!

- Before registering, please have this information handy:
  - Your Full Name & Phone Number
  - Which Spine Level
  - The Name of Your Surgeon
  - Class Location (*Scripps Encinitas*)
- Call **760-575-7216** and press
  - 1 - To register for any STRIDE class
  - 2 - For directions to the location of an upcoming class
  - 3 - To leave a message for the instructor
- We'll get back to you within 48 hours to confirm your registration.