

Are you  
considering spine  
surgery?



## Pre-Operative Spine Class

Please join us to become educated on the pre-surgical, surgical, and recovery process after spine surgery. Spouses, family members, and friends are welcome to join. If you are not currently scheduled for surgery but interested in gathering more information, then please join us too!

September 27th  
October 11th & 26th  
November 15th & 29th  
December 13th

Time: 3:00-5:00pm

Location: 1144 Montgomery Drive, Life Learning Center, directly across from the hospital

Call to make a reservation

Tia DeSoto, Spine Patient Navigator  
(707)523-BONE (2663)

All classes are free

[www.stjoesonoma.org/spine](http://www.stjoesonoma.org/spine)

A Ministry founded by the Sisters of St. Joseph of Orange

St. Joseph Health   
Santa Rosa Memorial  
Center for Bone & Joint Health