

# Spine and Joint Pre-Surgery Class

Join us for this free class as we discuss what to expect and how to prepare for your total joint or spinal surgery.



This class is designed to help patients know what to expect before, during and after their surgery.

In the class we will discuss:

- Pain Management
- Physical Therapy and Rehabilitation
- Do's and Don'ts After Surgery
- Discharge Planning
- How to Prepare for Going Home

**Tuesdays | 1:30-3:00 pm**  
**Thursdays | 9:30-11:00 am**

**Florida Hospital Fish Memorial  
Main Lobby**

We encourage you to bring a “Coach” to class. Someone who will be at home with you when you are discharged.

For more information and to RSVP, call Dianne at (386) 917-5860



Florida Hospital will soon be AdventHealth.