



FREE HEALTH PROGRAMS

Hip and Knee Pain: Don't Let it Rule Your Life

Wednesday, November 7, 5:30 to 6:30 p.m.

If you're suffering from hip or knee pain, you'll want to attend this free program. Orthopedic doctors Alan Halpern and Bruce Rowe will discuss non-surgical and surgical treatment options for hip or knee pain. This includes options such as cooled radiofrequency, a new, nonsurgical procedure for chronic knee pain, as well as joint replacement surgery.

Program will be held at Bronson Commons, 23332 Red Arrow Highway in Mattawan. To register, visit bronsonhealth.com/classes or call (269) 341-7723.



Alan Halpern, MD



Bruce Rowe, MD

Ladies' Night Out: Take Care of Yourself and Your Health

Thursday, November 8, 6 to 7:30 p.m.

Here's a great opportunity to enjoy a night out with a friend and learn how you can stay healthy! Our panel of experts will give presentations on the facts about breast health imaging tests; breast cancer prevention, detection and treatment; how to become more resilient through proper breathing techniques, eating and walking; and a demonstration of desk-side yoga. At the end of each presentation, you'll have the opportunity to ask questions. Enjoy this free event with fabulous vendors, appetizers and refreshments, plus a chance to win some great prizes.

Program will be held at Bronson Athletic Club, 6789 Elm Valley Dr. in Kalamazoo. Registration required. Visit bronsonhealth.com/classes or call (269) 341-7723.