



Keeping bones healthy

Find out how bones heal after an accident, fall, or fracture. Learn how exercise, body mechanics, and diet can keep your bones healthy and strong.



Community Hospital of the Monterey Peninsula®
Innovative healthcare with a human touch

Knowledge is Power health series

Saturday, April 10, 10 a.m.–noon

Main conference rooms

Free, no registration required.

Seating is limited.

Speakers:

Christopher Meckel, MD (orthopedic surgeon)

Sohrab Gollogly, MD (orthopedic surgeon)

Questions?

Call 888-45-CHOMP (888-452-4667)

Herald Anchor Ad, KIP: Bones, 5 col (8.729) x 3 inches, runs week of Sunday, 4/4/2010