

2019 Schedule

Total Joint Replacement Class

Biddeford Medical Center



After attending this class, patients have reported they are better prepared for surgery.



Optimize your recovery by learning:

- ▶ Pre-operative planning;
- ▶ What to expect during your hospital stay;
- ▶ Post-surgical care;
- ▶ How to improve your healing once home;
- ▶ Types of equipment you may need.

January 3	1PM	May 2	1PM	September 5	1PM
January 17	3PM	May 16	3PM	September 19	3PM
February 7	1PM	June 6	1PM	October 3	1PM
February 21	3PM	June 20	3PM	October 17	3PM
March 7	1PM	July 4	Holiday	November 7	1PM
March 21	3PM	July 18	3PM	November 21	3PM
April 4	1PM	August 1	1PM	December 5	1PM
April 18	3PM	August 15	3PM	December 19	3PM

Biddeford Medical Center

First Floor Classroom 1

Registration is required by calling the Orthopedic office @ 283-1126 or 324-1488.