

HEALTHY CONVERSATION

TENDON AND MUSCLE HEALTH

Join Dr. Jeff Smithers, a board-certified sports medicine physician with Southern Illinois Sports Medicine, for a Healthy Conversation about why tendons and muscles hurt and what you can do to stay active and pain-free.



DATE, TIME, PLACE

Wednesday, March 24, 2010
6 to 7:30 p.m.

Memorial Health Education Center,
706 East Highway 50, O'Fallon

INFORMATION

To make a reservation, call
Memorial's Community
Relations Department at
257-5649.



Dedication. Compassion. Innovation.

