

2014 Bone & Joint Expo

Featuring:

- 20 seminars about arthritis-related conditions and how to improve quality of life
- Products and services that can ease the daily challenges of living with arthritis
- Arthritis Foundation educational materials and exercise demonstrations
- Opportunity to network with peers and health professionals



A FREE Educational Event on Saturday, November 15



Directions

DoubleTree Hilton Berkeley Marina
200 Marina Blvd, Berkeley, CA 94710

I-80 East

- Exit Powell St. toward Emeryville. Left at Powell St. Right at Frontage Rd. Left at University Ave to Marina Blvd. Make right onto Marina.

I-80 West

- Exit University. Make a left at the stop sign and follow toward Marina Blvd. Make a right onto Marina Blvd.



Arthritis Foundation, Great West Region
Northern California Office
657 Mission Street, Suite 603
San Francisco, CA 94105

Co-presented by:



A FREE Educational Event



Saturday, November 15, 2014
9:00 a.m. - 3:00 p.m.
DoubleTree Hilton Berkeley Marina

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DoubleTree Hilton
Berkeley Marina

FREE ADMISSION

Sutter Health Alta Bates Summit Medical Center and the Arthritis Foundation, Great West Region are proud to present the 10th Annual Bone & Joint EXPO. This one-stop shop for arthritis education and resources is open to anyone living with arthritis and related diseases, their family members and caregivers.

Workshop Schedule

Exhibitor booths open at 9:00 a.m.
Registration is required for the seminars you would like to attend. Spend all or part of your Saturday with us!

10:00 a.m. - 11:00 a.m.

Arthritis in the Hip & Knee Thomas Peatman, MD Amador	Arthritis of the Hands George A. Pugh, MD Angel	Resilience for Life: Stress Reduction Jaymie Meyer, CWP, ERYT500 El Dorado	Arthritis of the Neck & Spine Rakesh Donthineni, MD, MBA Mariposa	Arthritis 101 David S-H Chang, MD Quarter Deck
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11:15 a.m. - 12:15 p.m.

Arthritis in the Hip & Knee Christopher Chen, MD Amador	Movement is Medicine: Exercise for Arthritis May Wong, DPT & Dawn Hanna, OTR/L Angel	Adding Joy to the Rollercoaster of Living with Arthritis Ann Steiner, PhD, MFT El Dorado	Arthritis of the Foot & Ankle Jeffrey A. Mann, MD Mariposa	Arthritis 101 Basil Alwattar, MD Quarter Deck
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12:15 p.m. - 12:45 p.m.

Break
(Lunch on your Own)

Arthritis Friendly Exercise Demo

12:45 p.m. - 1:45 p.m.

Arthritis in the Hip & Knee Benjamin T. Busfield, MD, FAAOS Amador	Rheumatoid Arthritis: Treatment Advances Amir A. Jamali, MD, FACS Angel	Arthritis in the Shoulder & Upper Extremity Joseph C. Cheng, MD El Dorado	Naturopathic Approach to Arthritis Robert DuPlain, ND Mariposa	Self-Management Tools: Joint Protection & Body Mechanics Kenneth M. Caldwell, MD Quarter Deck
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2:00 p.m. - 3:00 p.m.

Arthritis of the Back Michael D. Tseng, MD Amador	Arthritis & Nutrition Stacy Abbatiello, RD Angel	Fibromyalgia: Treatment Advances Jennifer Ault, DO, Neurologist, Pain Management Specialist El Dorado	Self-Management Tools: Lifestyle Upgrades Brad A. Zwahlen, MD Mariposa	Osteoporosis: Treatment Advances Peter Slabaugh, MD Quarter Deck
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Register Now

Call **(510) 204-5888**

Seminar space is limited. Register now to secure your spot.

For information about arthritis or the EXPO, please call the Arthritis Foundation at 888-391-9389 OPT. 101 or visit www.arthritis.org/northern-california.