

Fall Public Education Seminars 2009

Pre-registration is required for all programs.

Register online at www.arthritis.org keyword: Chicago or call (800) 735-0096 unless otherwise noted below.

CHICAGO

PUT YOUR BEST FOOT FORWARD: WALKING WITHOUT PAIN

Wednesday, November 11

11:00 am – 11:45 pm. Lunch will be served at 12:00 pm.

Weiss Hospital

4646 N. Marine Drive, Lower Level Auditorium

Chicago

Dr. Richard Kusunose, DPM

This program is sponsored by Weiss Memorial Hospital.

NORTH SUBURBS

NEW HELP FOR FIBROMYALGIA AND CHRONIC PAIN

Wednesday, October 28

10:00-11:00 am. Light refreshments will be served.

Highland Park Hospital Health & Fitness, Multipurpose Room

1501 Busch Parkway

Buffalo Grove

Dr. Robert Hozman, Rheumatologist, Skokie, Lake Forest and Buffalo Grove

OSTEOARTHRITIS AND OSTEOPOROSIS:

Keeping Those “Old” Bones and Joints Strong and Healthy!

Wednesday, October 28, 1:00-2:00 pm.

Park Place

414 S. Lewis Avenue

Waukegan

My “Old Bones” Hurt But They Don’t Have To!

Kelly Shields, PT, DPT

AthletiCo, Gurnee

This program is sponsored by the HealthCare Foundation of Northern Lake County.

BONE HEALTH AND “INSIDE RA”

Saturday, November 7

10:00-11:30 am. Lunch will be served at 11:45.

Lutheran General Hospital

Olson Auditorium (Far eastern end of the main hospital entrance)

1775 Dempster

Park Ridge

****PARKING INSTRUCTIONS: There will be FREE parking in the lot behind the Yacktman Children’s Pavilion which is located at the east end of the main hospital. If you are coming east over Dempster, turn left at the light at Western Avenue and proceed to the SECOND entrance, on the right, to the large parking lot on the left behind Yacktman. When parked, you may enter Yacktman through the back door and proceed to the elevator which will take you up to Olson Auditorium. Follow the signs.

Knowledge is Power: Introduction to RA

Sharon Tymkiw, RN, BSN

Nurse Educator

Amgen/Wyeth

Fit to a T: Bone Health and Osteoporosis Education

Dr. Susan Broy, Professor of Clinical Medicine

Chicago Medical School

North Chicago

Surveys will be handed out to be completed at the conclusion of the seminar after which each guest will receive a complete “Inside RA” binder.

This program is sponsored by Amgen-Wyeth and co-sponsored by the Women’s Health Resource Center, Advocate Lutheran General Hospital, Park Ridge.

WESTERN SUBURBS

EXPLORE CONSERVATIVE AND SURGICAL OPTIONS FOR ARTHRITIS AND OSTEOARTHRITIS

Wednesday, September 30

12:00- 2:00 pm. A light lunch will be served at 11:30 am.

Bartlett Park District Community Center (Oak Room)

700 S. Bartlett Road

Bartlett

The Physiatric Approach to Osteoarthritis Treatment: How it is Diagnosed and Conservative Treatment Options

Dr. Steven Mayer, Physical Medicine and Rehabilitation Specialist/Physiatrist

Surgery, the Final Frontier: Options for Common Arthritic Conditions. Different Procedures and Outcome Expectations

Dr. Gregory Witkowski, Foot and Ankle Specialist

Physical Therapy and You! Therapy's Role in Managing Osteoarthritis. The Therapist's Role in Healthcare and Benefits of Exercise

Joseph Agostinelli, PT, DPT

All speakers are members of OAD Orthopaedics.

This program is proudly sponsored by OAD Orthopaedics. Locations in Warrenville, Bartlett, Winfield, Naperville, Wheaton, and Carol Stream.

A WOMEN'S HEALTH CONFERENCE:

What You Need To Know About Taking Charge of Your Health

Saturday, October 17

10:00 am. – 1:00 pm. Continental breakfast will be provided at 9:30 am. A seated lunch will be served at 12:15 pm.

Cress Creek County Club

1215 Royal St. George Drive

Naperville

MORNING GENERAL SESSION: 10:00 – 11:15 am

Arthritis Therapy Update – What Drugs Work BEST In 2009?

Dr. Francis Lichon, Rheumatologist, Naperville and Carol Stream

Know Your Heart

Dr. Daniel Sullivan, Cardiologist, Midwest Heart Specialists, Elmhurst

AFTERNOON BREAKOUT SESSIONS: 11:30am– 12:10 pm.

(choose one)

Your Bladder: How to Keep It Under Control

Tisa Barry, PT, DPT, ATC, AthletiCo, Palatine

Nutrition and Diabetes: What Foods Can Help Control My Blood Sugar?

Jen Evola, LRD, LMT, Certified Golf Fitness Instructor, AthletiCo, Gold Coast and Oak Park

Exercising Yourself AWAY from Osteoporosis

Nathan Sels, PT, Facility Manager

AthletiCo, Naperville

Lunch will be served at 12:15 pm

WRAP UP: 12:40-1:00 PM.

(Cress Creek Dining Room)

Ask the Expert Panel Discussion

This program is sponsored by AthletiCo.

SOUTH SUBURBS

HOW TO HAVE A BETTER DAY EVERY DAY

Friday, October 2

10:00-11:30 am. Lunch will be served at 11:45 am.

South Holland Community Center

501 E. 170th Street

South Holland

Hip and Knee Arthritis: What's New, What's Old, and What's Good?

Dr. Ram Aribindi, Orthopaedic surgeon, Southland Bone and Joint Institute, Olympia Fields

You DO NOT Have to Live with Pain. Be Smart About Your Health.

Dr. Veena Nayak, Rheumatologist, Southland Rheumatology Center, Olympia Fields

Safe Exercises for Arthritis of the Lower Spine, Hip and Knee

Peter Oldenburg, PT, MHS, OCS, Cert. MDT Physical Therapist,

Facility Manager, AthletiCo, Matteson

This program is sponsored by Biomet.

ARTHRITIS, DIABETES, HEART, AND MORE. HEALTH AND FITNESS FOR THE FUTURE

Thursday, November 5

9:00 – 11:30 am. – Lunch will be served at 12:00 pm.

Odyssey Country Club

19110 S. Ridgeland

Tinley Park

Injection Medicines: The Newest Generation in Arthritis Treatments

Dr. Jeanine Connolly, Rheumatologist, Pronger Smith Medical Care, Tinley Park

Back to Basics: Treatments for Arthritis Back Pain

Brian Smith, PT, MPT, CSCS, AthletiCo, Tinley Park

Heart of a Woman: Know Your Risks and Prevent Coronary Disease

Barbara Zeng-Kwasny, RN, MS, NP-C

Nurse Practitioner and Manager of the Cardiopulmonary Rehabilitation Department

St. James Heart and Vascular Institute

Olympia Fields

Healthy Lifestyles: Management of Type 2 Diabetes

Aimee Jarenowicz, RD, LDN, Palos Community Hospital, Palos Heights

This program is sponsored by AthletiCo.

IDEAS PUT INTO ACTION: HOW TO MANAGE YOURSELF!

Saturday, November 14

10:00 am-12:15. Continental breakfast will be served at 9:30 am.

Olympia Fields Park District

20712 Western Avenue

Olympia Fields

Earn, Be a Parent AND Take Care of You: Caregiver Issues in Lupus

Dr. Meenakshi Jolly, Rheumatologist, University Rheumatologists, Chicago

Building on Balance: What Can YOU Do To Prevent Falls?

Ayesha Futrell, PT, AthletiCo, Matteson

This program is co-sponsored by the Lupus Foundation.

NORTHWEST INDIANA

INFORMATION THAT WILL SURPRISE YOU ABOUT ARTHRITIS!

Thursday, October 8

Registration check-in at 9:30. Lectures 10:00 -11:45 am. Box lunches will be served at noon.

Merrillville Public Library, Central Branch

1919 W. 81st

Merrillville

Joyful Joints and Soft Landings: Joint Protection and Fall Prevention

Mary Strimbu, PT, Supervisor, Outpatient Rehab Center, Methodist Hospital, Merrillville

Get a Grip on Joint Protection

Vivian Holman, OTR/L, Hand specialist, AthletiCo, Matteson

Arthritis and How it Affects the Heart

Dr. Vinay Reddy, Rheumatologist, Reddy Rheumatology, Merrillville, Portage, Knox, Plymouth and Munster

This program is sponsored by AthletiCo.

EVERYTHING YOU NEED TO KNOW ABOUT BACK AND SHOULDER PAIN, DIAGNOSIS, TREATMENT, AND REHABILITATION

Free and open to the public.

Saturday, October 24

Registration: 9:45 am. Program: 10:00 am. – 12:00 pm

Light refreshments will be served.

Medical Specialists Centers of Indiana

757 – 45th Street

Munster

Dr. David Harris – Orthopaedic Specialist

Dr. Manjari Malkani, Rheumatology Specialist

Kathy Carlson, MD, RNC, ANO, CNS, Rheumatologist Specialist

IMPORANT TO NOTE: DO NOT CALL THE ARTHRITIS FOUNDATION TO REGISTER FOR THIS SEMINAR. TO REGISTER:

Call Maria Casas at (219) 934-2417. If leaving a message, please provide contact information.

This program is sponsored by Medical Specialists Centers of Indiana.