

Medical Honoree – Heather Bergeson, M.D.

Heather Bergeson is a sports medicine physician and pediatrician at TRIA Orthopaedic Center where she is also Medical Director of the Pediatric Orthopaedics Program. She is an adjunct clinical assistant professor at the University of Minnesota's Department of Orthopaedic Surgery and is Team Physician for Gopher Women's Hockey. Dr. Bergeson serves on the board of the Arthritis Foundation in the Upper Midwest Region. Her philosophy has always been "exercise is medicine" and her goal is to keep her patients, especially those with arthritis, active and healthy throughout their lives.

Thank you, Dr. Bergeson, for helping and encouraging people with arthritis say Yes to exercise!