



Joint Replacement Pre-Surgical Class

2019 Schedule

Thinking about Joint Replacement Surgery?

AdventHealth invites you to attend a free pre-surgical information session to better prepare you for your upcoming surgery and rehabilitation. This class is mandatory for any patient with a scheduled joint replacement surgery.

In the class we will discuss:

- Pain Management
- Physical Therapy and Rehabilitation
- Do's and Don'ts After Surgery
- Discharge Planning
- How to Prepare for Going Home

We encourage you to bring a "Coach" to class. Someone who will be at home with you when you are discharged.

ADVENTHEALTH DAYTONA BEACH

MEDICAL OFFICE BUILDING, CLASSROOM C | 305 Memorial Medical Pkwy., Daytona Beach, FL 32117 | RSVP: 386-231-5355

EVERY THURSDAY | 1 – 2:30 PM

March 7, 14, 21, 28	May 2, 9, 16, 23, 30	July* 11, 18, 25	September 5, 12, 19, 26	November* 7, 14, 21
April 4, 11, 18, 25	June 6, 13, 20, 27	August 1, 8, 15, 22, 29	October 3, 10, 17, 24, 31	December 5, 12, 19

*Classes will not be held on July 4, November 28, or December 26

ADVENTHEALTH DELAND

A,B,C CLASSROOMS | 701 W. Plymouth Ave., DeLand, FL 32720 | RSVP: 386-740-4065

EVERY OTHER MONDAY | 9 – 11 AM

March 4, 18	May* 20	July 1, 15, 29	September* 9, 23	November 4, 18
April 1, 15, 29	June 3, 17	August 12, 26	October 7, 21	December 2, 16

*Classes will not be held on May 27 or September 2

ADVENTHEALTH FISH MEMORIAL

MAIN LOBBY | 1055 Saxon Blvd., Orange City, FL 32763 | RSVP: 386-917-5860

EVERY THURSDAY | 9:30 – 11 AM

March 7, 14, 21, 28	May 2, 9, 16, 23, 30	July* 11, 18, 25	September 5, 12, 19, 26	November* 7, 14, 21
April 4, 11, 18, 25	June 6, 13, 20, 27	August 1, 8, 15, 22, 29	October 3, 10, 17, 24, 31	December 5, 12, 19

*Classes will not be held on July 4, November 28, or December 26

ADVENTHEALTH NEW SMYRNA BEACH

SCHILDECKER CONFERENCE ROOM | 401 Palmetto St., New Smyrna Beach, FL 32168 | RSVP: 386-231-5356

EVERY OTHER MONDAY | 9:30 – 11 AM

March 4, 18	May* 13	July 8, 22	September* 16, 30	November 11, 25
April 1, 15, 29	June 10, 24	August 5, 19	October 14, 28	December 9

*Classes will not be held on May 27 or September 2

ADVENTHEALTH PALM COAST

CLASSROOMS A,B,C | 60 Memorial Medical Pkwy., Palm Coast FL 32164 | RSVP: 386-586-4221

EVERY WEDNESDAY | 2 - 3:30 PM

March 6, 13, 20, 27	May 1, 8, 15, 22, 29	July 3, 10, 17, 24, 31	September 4, 11, 18, 25	November 6, 13, 20, 27
April 3, 10, 17, 24	June 5, 12, 19, 26	August 7, 14, 21, 28	October 2, 9, 16, 23, 30	December* 4, 11, 18

*Classes will not be held on December 25



AdventHealth complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente 877-746-4674.

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo ki anba an 877-746-4674.