

# Spine Pre-Surgery Education Classes



## Preparing You for Spine Surgery

The AdventHealth Spine Center provides weekly informational classes to prepare patients for their upcoming spine surgery. Topics include:

- Planning for your surgery and hospital stay
- Pain management
- What to expect when you return home
- Managing daily activities after surgery

## Classes will be held on:

- January 7, 2019
- January 16, 2019
- January 23, 2019
- January 28, 2019
- February 6, 2019
- February 11, 2019
- February 20, 2019
- February 25, 2019
- March 6, 2019
- March 11, 2019
- March 25, 2019
- April 3, 2019
- April 8, 2019
- April 17, 2019
- April 22, 2019
- May 1, 2019
- May 6, 2019
- May 15, 2019
- May 20, 2019
- May 29, 2019
- June 3, 2019
- June 12, 2019
- June 17, 2019
- June 26, 2019

### TIME:

10:30 to 11:30 am

### LOCATION:

**AdventHealth Orlando**

601 East Rollins Street | Orlando, FL 32803

Ginsburg Tower | 10th Floor

Icon Conference Room

*Free valet parking is available.*



**To sign up for a class, please call Merlinda George, Spine Center Intake Coordinator, at 407-303-9102 or email**

**[Merlinda.George@AdventHealth.com](mailto:Merlinda.George@AdventHealth.com).**

**[AdventHealthNeuroInstitute.com](http://AdventHealthNeuroInstitute.com)**

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente 407-303-3025

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo ki anba an 407-303-3025.