

FREE Lunch & Learn Lectures

A light lunch will be provided.

Registration is required. Please call 1-888-357-2409 or register online at www.greenwichhospital.org/events

Preventing Falls and Improving Balance

Wednesday, November 2 | 12 - 1:30 pm

Speaker: Marisha Tamakuwala, physical therapist

Falls are the leading cause of accidental injury, especially for people over 65. Learn how to reduce risk and improve balance to stay on your feet.

Shoulder Pain and Common Shoulder Problems

Wednesday, November 9 | 12 - 1 pm

Speaker: David Kovacevic, MD, orthopedic surgeon

If you are suffering from a shoulder injury or chronic shoulder pain, there is a solution for you. This educational session will provide basic knowledge of the most common shoulder injuries and how to treat them with and without surgery.

A Nutritional Approach to Bone Health

Tuesday, November 15 | 12 - 1 pm

Speaker: Denise Addorisio, registered dietitian

Get tips to keep your bones strong and healthy through diet and nutritional supplements. Reduce the risk or progression of osteoporosis and brittle bones at any age.

Common Elbow Injuries: What You Need to Know

Wednesday, November 30 | 12 - 1 pm

Speaker: David Kovacevic, orthopedic surgeon

If you sustained an injury at work, at home or on the playing field, there are solutions to keep you at the top of your game. This educational session will provide basic knowledge of the most common elbow injuries and how to treat them with and without surgery.

Osteoporosis: The Basics

Thursday, December 1 | 12 - 1 pm

Speaker Eric Huang, PharmD, RPh, clinical pharmacist

Get an overview about bone health and osteoporosis. What are the risk factors? How is it diagnosed? What are the options if you have weak or brittle bones? Bring your questions about nutritional supplements and medications.



Long Ridge Medical Center, 260 Long Ridge Rd, Stamford CT

Greenwich Hospital invites you to visit our newest location and enjoy a free, health education session. A light lunch will be provided.

Long Ridge Medical Center is a collaborative effort between Greenwich Hospital, Yale Medicine and its Center for Musculoskeletal Care, and primary care physicians with Yale New Haven Health's Northeast Medical Group. Specialty care for adults is offered in orthopedics, sports medicine, neurology, neurosurgery, rheumatology and physical/occupational therapy. Other services include blood draw, X-ray, CT scan, MRI, ultrasound and bone densitometry.

To learn more about Long Ridge Medical Center visit us at greenwichhospital.org/longridge