

# Dine <sup>WITH</sup> THE Docs

## FOCUS ON BONE HEALTH



William Winternitz, M.D.  
Orthopaedic Surgeon  
Hip & Knee



Laurence McKinley, M.D.  
Orthopaedic Surgeon  
Spine



James Bried, M.D.  
Orthopaedic Surgeon  
Shoulder



Carol LeBeau

Did you know that more than one in four Americans suffers from a musculoskeletal problem such as hip, knee, spine and shoulder impairments? Are you suffering from spasms, stiffness, soreness, swelling or weakness in your joints?

*Join Palomar Pomerado Health (PPH) Board-Certified Orthopaedic Surgeons and PPH Health Champion Carol LeBeau at the Rancho Bernardo Inn for a unique learning experience designed to help you overcome the aches and pains of common bone and joint conditions. Enjoy a healthy dinner, take advantage of free blood pressure and body composition screenings, and receive a certificate for a **FREE** bone density screening at PPH. Plus, participate in a special physician panel discussion exploring the symptoms, diagnosis and latest treatment options for hip, knee, spine and shoulder problems.*

To register, or for more information,  
call **The HealthSource** at **800.628.2880**  
or visit **www.pph.org** and click on "Classes & Events."

**\$35 / person\***

*\*Fee includes healthy dinner, exhibits, health screenings  
and physician panel discussion.*

**5 – 8 p.m.  
Tuesday, July 20**

**Rancho Bernardo Inn  
San Bernardo Ballroom  
17550 Bernardo Oaks Drive  
San Diego, CA 92128**

### **SCHEDULE OF EVENTS:**

5 – 6:30 p.m.

**Exhibits and Health Screenings**

6 – 6:30 p.m.

**Healthy Dinner**

6:30 – 7:30 p.m.

**Physician Panel Discussion**

7:30 – 8 p.m.

**Physician Question  
& Answer Session**

**PALOMAR  
POMERADO  
HEALTH**

SPECIALIZING IN YOU