

# Reach For Pain Free Shoulders

Wednesday, March 24 • 6:30 to 7:30 p.m.  
Forest Library, 15583 Forest Road

Bursitis, rotator cuff disease and arthritis are among the top complaints regarding shoulder health. John Barnard, M.D., with the Orthopaedic Center of Central Virginia, will discuss the options available for reducing your pain and getting you back to a more pain free life. He will discuss the most minimally invasive surgeries through arthroscopy to a complete joint replacement. Come learn more about how you can reach for pain free shoulders.



For more information and to register for this event, call 1.877.MDLINK1  
(1.877.635.4651).



CENTRA  
Orthopaedic Services

CentraHealth.com



CENTRA  
Foundation

TWITTER.COM/CENTRA  FACEBOOK.COM/CENTRAFAN 