



Date	Time	Title	Topic
MAR 21	Noon - 1 p.m.	Head, Neck and Posture	How to combat pain and discomfort in the head and neck region
JUN 2	Noon - 1 p.m.	Upper Extremity	Discussing common overuse injuries for the shoulder, elbow, wrist and how to aid in recovery
SEPT 26	Noon - 1 p.m.	Lower Extremity	Discussing common overuse injuries for the hip, knee, ankle and how to aid in recovery
DEC 12	Noon - 1 p.m.	Musculoskeletal Lower Back Pain	Common causes and how to aid in recovery

**PLEASE NOTE:** Schedule of events is subject to change without notice.

**Weston YMCA - Teen Room**  
20201 Saddle Club Road  
Weston, FL 33327

**Lunch will be served.**

For more information about these events please email [mielzg@ccf.org](mailto:mielzg@ccf.org) or call **954.789.6030**.

**For the most up-to-date list, or to register for an event; scan the QR code, or visit [ClevelandClinicFlorida.org/Events](https://ClevelandClinicFlorida.org/Events)**



For more information on all our rehabilitation services visit [ClevelandClinicFlorida.org/Rehab](https://ClevelandClinicFlorida.org/Rehab)