

2017 Joint Class Schedule

Knee and Hip Surgeries

Joint classes are taught by orthopedic nurses and physical therapists. Class discussions include expectations before and after surgery. These classes help relieve anxiety regarding your surgery and hospital stay.

Classes are held each month on the

- First Wednesday at 5 p.m.,
- First and Third Thursdays at 9 a.m.,
- Second Wednesday at 1 p.m.,
- Second Thursday at 1 p.m. and 5:30 p.m.,
- Third Tuesday at 6:30 p.m., and
- Fourth Monday at 3 p.m.

To register for a class, call Laura Goodfellow, nurse navigator, at 616.685.4759.

Questions? Call the orthopedic floor at 616.685.5757.

Level 7 Conference Room

Directions

Park in the lot or the ramp on Jefferson Avenue SE. Take the main visitor elevator to level 7, then turn south or ask at the reception desk on level 7.

DATE	DAY	TIME	ROOM
January 4	Wednesday	5–7 p.m.	
January 5	Thursday	9–11 a.m.	
January 11	Wednesday	1–3 p.m.	All Classes in Level 7
January 12	Thursday	1–3 p.m.	
January 12	Thursday	5:30–7:30p.m.	Conference Room
January 13	Friday	2 – 4 p.m.	
January 17	Tuesday	6:30–8:30p.m.	
January 19	Thursday	9–11 a.m.	
January 23	Monday	3–5 p.m.	
February 1	Wednesday	5–7 p.m.	
February 2	Thursday	9–11 a.m.	
February 8	Wednesday	1–3 p.m.	All Classes in Level 7
February 9	Thursday	1–3 p.m.	
February 9	Thursday	5:30–7:30p.m.	Conference Room
February 16	Thursday	9–11 a.m.	
February 21	Tuesday	6:30–8:30p.m.	
February 27	Monday	3–5 p.m.	
March 1	Wednesday	5–7 p.m.	
March 2	Thursday	9–11 a.m.	
March 8	Wednesday	1–3 p.m.	All Classes in Level 7
March 9	Thursday	1–3 p.m.	
March 9	Thursday	5:30–7:30p.m.	Conference Room
March 16	Thursday	9–11 a.m.	
March 21	Tuesday	6:30–8:30p.m.	
March 27	Monday	3–5 p.m.	
April 5	Wednesday	5–7 p.m.	
April 6	Thursday	9–11 a.m.	
April 12	Wednesday	1–3 p.m.	All Classes in Level 7
April 13	Thursday	1–3 p.m.	
April 13	Thursday	5:30–7:30p.m.	Conference Room
April 18	Tuesday	6:30–8:30p.m.	
April 20	Thursday	9–11 a.m.	
April 24	Monday	3–5 p.m.	
May 3	Wednesday	5–7 p.m.	
May 4	Thursday	9–11 a.m.	
May 10	Wednesday	1–3 p.m.	All Classes in Level 7
May 11	Thursday	1–3 p.m.	
May 11	Thursday	5:30–7:30p.m.	Conference Room
May 16	Tuesday	6:30–8:30p.m.	
May 18	Thursday	9–11 a.m.	
May 22	Monday	3–5 p.m.	
May 24	Wednesday	2 – 4 p.m.	
June 1	Thursday	9–11 a.m.	
June 2	Friday	1 - 3 p.m.	
June 7	Wednesday	5–7 p.m.	All Classes in Level 7
June 8	Thursday	1–3 p.m.	
June 8	Thursday	5:30–7:30p.m.	Conference Room
June 14	Wednesday	1–3 p.m.	
June 15	Thursday	9–11 a.m.	
June 20	Tuesday	6:30–8:30p.m.	
June 23	Friday	1 – 3 p.m.	
June 26	Monday	3–5 p.m.	

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- Second Thursday at 1 p.m. and 5:30 p.m.,
- Third Tuesday at 6:30 p.m., and
- Fourth Monday at 3 p.m.

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DATE	DAY	TIME	ROOM
July 5	Wednesday	5–7 p.m.	
July 6	Thursday	9–11 a.m.	
July 12	Wednesday	1–3 p.m.	All Classes in Level 7
July 13	Thursday	1–3 p.m.	
July 13	Thursday	5:30–7:30 p.m.	Conference Room
July 18	Tuesday	6:30–8:30 p.m.	
July 20	Thursday	9–11 a.m.	
July 24	Monday	3–5 p.m.	
August 2	Wednesday	5–7 p.m.	
August 3	Thursday	9–11 a.m.	
August 9	Wednesday	1–3 p.m.	All Classes in Level 7
August 10	Thursday	1–3 p.m.	
August 10	Thursday	5:30–7:30 p.m.	Conference Room
August 15	Tuesday	6:30–8:30 p.m.	
August 17	Thursday	9–11 a.m.	
August 28	Monday	3–5 p.m.	
September 6	Wednesday	5–7 p.m.	
September 7	Thursday	9–11 a.m.	
September 13	Wednesday	1–3 p.m.	All Classes in Level 7
September 14	Thursday	1–3 p.m.	
September 14	Thursday	5:30–7:30 p.m.	Conference Room
September 19	Tuesday	6:30–8:30 p.m.	
September 21	Thursday	9–11 a.m.	
September 25	Monday	3–5 p.m.	
October 4	Wednesday	5–7 p.m.	
October 5	Thursday	9–11 a.m.	
October 11	Wednesday	1–3 p.m.	All Classes in Level 7
October 12	Thursday	1–3 p.m.	
October 12	Thursday	5:30–7:30 p.m.	Conference Room
October 17	Tuesday	6:30–8:30 p.m.	
October 19	Thursday	9–11 a.m.	
October 20	Friday	1–3 p.m.	
October 23	Monday	3–5 p.m.	
November 1	Wednesday	5–7 p.m.	
November 2	Thursday	9–11 a.m.	
November 8	Wednesday	1–3 p.m.	All Classes in Level 7
November 9	Thursday	1–3 p.m.	
November 9	Thursday	5:30–7:30 p.m.	Conference Room
November 16	Thursday	9–11 a.m.	
November 17	Friday	1–3 p.m.	
November 21	Tuesday	6:30–8:30 p.m.	
November 27	Monday	3–5 p.m.	
December 6	Wednesday	5–7 p.m.	
December 7	Thursday	9–11 a.m.	
December 13	Wednesday	1–3 p.m.	All Classes in Level 7
December 14	Thursday	1–3 p.m.	
December 14	Thursday	5:30–7:30 p.m.	Conference Room
December 15	Friday	1–3 p.m.	
December 19	Tuesday	6:30–8:30 p.m.	
December 21	Thursday	9–11 a.m.	
December 25	Christmas	NO CLASS	