

Space is limited; register early!

HSS Stamford

Bone Health Series

Fall 2019 Calendar of Events



Arthritis 101

Instructor: Gabriela Zea, MSN, RN, CNL
Tuesday, September 10, 2019

According to the CDC, approximately 1 in 4 people have been told that they have some form of arthritis. Patients can take control of their diagnosis and work closely with their health care team as well as family and friends to manage their arthritis. Join us to learn about current scientific evidence and management strategies in the treatment and care of osteoarthritis, rheumatoid arthritis, and juvenile arthritis.



Tai Chi Class

Instructor: Alma Weinberg
Tuesday, September 24, 2019
Tuesday, October 1, 2019

Tai Chi involves slow, continuous and whole body movements that are learned and followed one after the other. The simple and rhythmic movements are easy to learn and can be practiced either sitting or standing!



Spine Health: Back Pain & Posture

Instructors: Gabriela Zea, MSN, RN, CNL
Nicole Dahl, PT, DPT, OCS

Tuesday, November 12, 2019

Back pain is one of the most common problems that affects at least 80% of adults at any point in time. Join us to learn about the causes of back pain, different treatment options and how to prevent it. In this program, you will also learn from a physical therapist about changes you can make to improve your posture.

Location

Norwalk Housing Authority

149 Water Street, 2nd Floor
Norwalk, CT 06854

Time

5:30–6:30 pm

How to Register

Registration is required.

Call **203.838.8471**

(Maria x675 or Nadine x681)

- Bring your WV CNI or HOU T-shirts.
- Program is free of charge.

Instructors



Nicole Dahl, PT, DPT, OCS

HSS Sports Rehab
Physical Therapist



Alma Weinberg

Tai Chi for Health Institute
Certified Instructor
Tai Chi for Arthritis and Falls
Prevention



Gabriela Zea, MSN, RN, CNL

HSS Stamford Outpatient Center
Clinic & Community
Outreach Nurse
Hospital for Special Surgery