

Winter/Spring 2017 Community Education Calendar of Events



LOCATION HSS Stamford Outpatient Center
1 Blachley Road, Stamford, CT

TIME 5:45–6:45 pm

HOW TO REGISTER Call **Pamela Villagomez** at
203.705.2956 or email at
villagomezp@hss.edu

Space is limited; register early!
Programs are free of charge and open to the public.

Oh, My Aching _____! Where Do I Start?

Wednesday, February 8, 2017



Daphne A. Scott, MD
Assistant Attending Physician
Hospital for Special Surgery
Assistant Professor of Clinical Medicine
Weill Cornell Medicine

Do you find yourself with musculoskeletal aches and pains but are unsure of whom to see? Should you contact your primary care doctor, or a specialist such as a sports medicine physician or an orthopedic surgeon? Join us for suggestions on navigating the healthcare system for common musculoskeletal complaints and what to expect during your visit!

Nutrition for Healthy Bones

Wednesday, March 8, 2017



Dana Pitman, MS, RD, CDN
Clinical Nutritionist
Hospital for Special Surgery

Nutrition plays a role in keeping our bones healthy at all stages of life. We know how important calcium and Vitamin D are, but are there other nutrients we should focus on as well? Join us to learn about the foundational elements of eating healthy to build and maintain healthy bones!

The Role of Ergonomics on Workplace Musculoskeletal Conditions

Wednesday, April 5, 2017



Sarah Schlosser Giacalone, OTR/L, CHT
Occupational Therapist
Hospital for Special Surgery

What is ergonomics? How can it play a role in addressing the aches and pains I feel in my bones and muscles? A strong link has been found between workplace physical exposures and work-related musculoskeletal conditions. Join us to learn about how to reduce stress and prevent workplace injuries associated with the overuse of muscles, bad posture, and repeated tasks by applying ergonomic principles.

Do I Have Osteoarthritis or Osteoporosis?

Wednesday, May 17, 2017

Speaker TBD

Understanding the differences between osteoarthritis and osteoporosis can be confusing. While you may think the two musculoskeletal conditions are interchangeable, they are quite different in their diagnoses, treatment and more. Join us as we outline the differences between osteoarthritis and osteoporosis, as well as provide an overview of your physician's visit for each condition.