

SOUTHSIDE REGIONAL MEDICAL CENTER
AND COLONIAL ORTHOPAEDICS

1st ANNUAL JOINT & BONE HEALTH AWARENESS WALK

Please join Southside Regional Medical Center as we celebrate our joint patients and their coaches with a 1 mile walk around SRMC's main campus followed by a health and resource fair. There will be local vendors present to provide goodies and free health information, food, fun and games.

Saturday, October 12, 2013 • 8 a.m. Registration • 9 a.m. Walk • Rain or Shine

Walk and health fair will be held at Southside Regional Medical Center located at 200 Medical Park Boulevard in Petersburg. Registration for the walk starts at 8 a.m. and the walk will begin at 9 a.m. The health and resource fair will begin immediately after the walk.

October 12-20 is National Bone and Joint Health Awareness Week

Each joint patient and their coach will receive a free t-shirt. Every participant will receive a free pedometer from the Joint and Spine Center.

To register for the walk, please contact Lisa Mears, RN, Orthopaedic Service Line Director, at 804-765-5652 or Lisa_Mears@chs.net.

