



# Life is in the living of it.

Please join Aurora Health Care and the Oak Creek Health Department for a  
**Healthy Living Series**

.....

## FREE Spring 2016 Presentations

### April 14

#### Total Joint Replacement: Basics & Current Concepts

Todd Barnhardt, MD

Dr. Barnhardt is a board certified orthopedic surgeon with an emphasis in sports medicine, joint replacement/reconstruction and orthopedic trauma. He will present an overview of total knee, hip and shoulder replacements.

### May 12

#### Explore the World of Cooking with Vegetables

Aurora Chefs Larry Bushner & Andrew Butula

Discover how you can expertly prepare healthy, nutritious meals quickly and effortlessly using simple ingredients. Food samples available during this demonstration. **Space is limited.**

### May 26

#### Exercise: One Size Does Not Fit All

Terese Beauchamp, MS, PT

Physical activity is important for everyone's health, yet not everyone likes to exercise, and even in the presence of good intentions many find it hard to fit exercise into their busy schedules. Learn how to use your own "exercise personality" to find the physical activity plan that is right for you. Get tips for overcoming barriers to being physically active and discover exercises that can be done (almost) anywhere, that help increase energy-levels and decrease back and knee pain.

.....

**All presentations are 6-7 p.m. in the Oak Creek City Hall. Seating is limited. To register, please visit [aurora.org/events](http://aurora.org/events) or call 888-649-6892.**



[aurora.org/events](http://aurora.org/events)