

Wellness Works

Made possible by the
Passavant Hospital Foundation

COMMON HAND CONDITIONS: *Diagnosis and Treatment*

Causes, symptoms & treatments—

- carpal tunnel syndrome
- trigger finger
- arthritis
- Dequervain's Tenosynovitis

Dr. Trenton M. Gause II, MD

Orthopedic hand & upper extremity surgeon with
Tri Rivers Musculoskeletal Centers

Thursday March 23 at 6 p.m.

Northland Public Library Registration is required.



GARDENING THYME: *Avoid Aches & Pains While Gardening*



Proper lifting techniques & the best gardening tools to use to enjoy gardening with less stress & pain.

Taylor Docherty, PT, DPT, OCS, CSCS
UPMC Centers for Rehab Services

Thursday, April 27 at 6 p.m.

Northland Public Library Registration is required.

Registration is required for each program.

Northland Public Library • 300 Cumberland Rd. • Pgh., PA 15237 • 412-366-8100 • northlandlibrary.org



DIABETES



HEART

Registration is required for this program.
You may register online, in person at
the Ask A Librarian desk or by calling
412-366-8100, extension 113.

northlandlibrary.org

Wellness Works is presented in cooperation with



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FOUNDATION

