

Free Community Education Program

**FALL
2024**

Registration is required!



Back in Action: A Guide to Spine Health

Date: Wednesday, September 4

Time: 6:00 p.m. – 7:00 p.m.

Site: Manchester Memorial Hospital or Live Webinar (Zoom)

Did you know that your spine supports everything that you do? Over 100 million Americans, approximately 1/3rd of the U.S. population, suffer from chronic neck and back pain each year. Join Orthopedic Spine Surgeon Dr. Ashish Updadyay, Interventional Radiologist Dr. Robert Gordon, and Osteopathic Neuromusculoskeletal Medicine Specialist Dr. Tricia Hall as they review what a normal spine looks like, describe the different causes of spine problems and degenerative wear and tear that comes from aging. They will also discuss treatment and preventative options for spine health.

Every year, we dedicate time and resources to enhance the overall health and wellness of our communities by offering FREE educational programs to individuals and families. We invite you to join us and our healthcare providers in one of our many health education lectures.



Scan the QR Code to register online
or call 860.533.6550 for assistance.

ECHNSM
Eastern Connecticut Health Network