

2024 Joint Replacement Classes



A step-by-step overview of total joint replacement at MarinHealth Medical Center

Join us for an informative, interactive session taught by experts from our nursing, physical therapy, and occupational therapy departments. You'll learn about joint anatomy, the surgical process itself, pain management, expectations for healing, and rehabilitation. You can see joint models, demonstrations of equipment, and have plenty of time for Q&A. The more you know, the better prepared and comfortable you'll be for the procedure—so you'll be back on your feet in no time. Please bring your support person to class with you. Don't miss this chance to set yourself up for success!

This free class is offered on Wednesday afternoons, from 11:00 am–1:00 pm, every two weeks—choose the date that works for you!

This class is required if you are scheduled for joint replacement surgery at MarinHealth® Medical Center.

Class Dates—Classes are from 11:00 am – 1:00 pm.

January 3	May 8	September 18
January 17	May 22	October 2
January 31	June 12	October 16
February 14	June 26	October 30
February 28	July 10	November 6
March 13	July 24	November 20
March 27	August 7	December 4
April 10	August 21	December 18
April 24	September 4	

Virtual Classes

Classes are conveniently held online via Zoom. An email invitation with login details will be provided upon registration.

Registration is required

To reserve a spot for you and your support person, please contact our Nurse Navigator: amy.blevins@mymarinhealth.org or 415-925-7907.

Please include your:

- class date preference
- date of surgery
- name of surgeon
- replacement joint and laterality (knee/hip & left/right/bilateral)



Orthopedics | 250 Bon Air Road | Greenbrae, CA 94904 | 415-925-7907 | MyMarinHealth.org/jointclass