

**BECAUSE THERE ARE ENDLESS TRAILS TO BE EXPLORED!**



**FREE HEALTH LECTURE**

# Relieving Hip Pain

**When** Wednesday, April 4, from 7 to 8 p.m.

**Where** Boulder Jewish Community Center, 6007 Oreg Ave.

Pain in the front, side or back of the hip - and even the knee - can signal a hip problem. Is it arthritis, a soft tissue injury or something else?

Our speaker is Dr. Austin Chen, who is dual-fellowship trained in hip and sports medicine surgery. He'll describe conditions that commonly cause hip pain and the latest treatment options — from nonsurgical treatments and biologic injections, such as platelet-rich plasma (PRP) and stem cell therapy, to the latest surgical options, including arthroscopic hip preservation, hip replacement and Mako® robotic-arm assisted surgery.

**RESERVATIONS REQUIRED:**  
[bchlectures.org/hipain](http://bchlectures.org/hipain) • 303-415-4212



Boulder Community Health (BCH) does not exclude, deny benefits to, or otherwise discriminate against any person on the grounds of race, color, or national origin, or on the basis of disability or age in admission to, participation in, or receipt of the services and benefits under any of its programs and activities, whether carried out by BCH directly or through a contract or any other entity with which BCH arranges to carry out its programs and activities.