

# Online Pre-Surgery Class

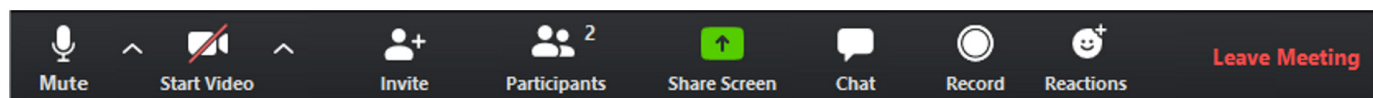
Total Joint Replacement or Spine Surgery



Your quick return to regular activities after orthopedic surgery depends largely upon what you do ahead of time to prepare. Attend a free Animas Surgical Hospital webinar for patients and caregivers. Meet some of the staff and have your questions answered by one of our compassionate, experienced nurses. Please see page 2 of this flyer for a list of scheduled class dates and times.

## To Join the Online Class:

- You will need a computer, tablet, or smartphone with speaker or headphones.
- A few minutes before the class, visit [www.zoom.us/j/7078053172](http://www.zoom.us/j/7078053172)
- If you've never used Zoom before on your device, you may be instructed to download the Zoom app.
- You will have an opportunity to test your audio at this point by clicking on "Test Computer Audio." Once you are satisfied that your audio works, click on "Join audio by computer."
- If you're having trouble with audio on your device, you can also connect to audio through your phone by calling 1-669-900-3833 and entering the Meeting ID 707-805-3172.
- Once you log into the meeting, you can control your participation with the following buttons:



↑  
You'll join the meeting on mute. If you'd like to speak up or ask a question, click this button to unmute yourself.

↑  
Click this button if you would like to join over video. (You'll be visible to other participants.)

↑  
Click here to see how many other people are in the meeting.

↑  
You can enter and read others' questions or comments through the Chat function.

↑  
Send a smiley face or thumbs-up to a participant!

↑  
Click here when you're ready to leave the meeting.

# Upcoming Pre-Surgery Class Dates | January-June 2021

To access the classes, please visit

[www.zoom.us/j/7078053172](https://www.zoom.us/j/7078053172)

several minutes before the start of the course.

## Total Joint Replacement

*hip, knee, or shoulder surgery*

- Monday, January 4 - 9:00am-10:30am
- Monday, January 18 - 9:00am-10:30am
- Monday, February 1 - 9:00am-10:30am
- Monday, February 15 - 9:00am-10:30am
- Monday, March 1 - 9:00am-10:30am
- Monday, March 15 - 9:00am-10:30am
- Monday, April 5 - 9:00am-10:30am
- Monday, April 19 - 9:00am-10:30am
- Monday, May 3 - 9:00am-10:30am
- Monday, May 17 - 9:00am-10:30am
- Monday, June 7 - 9:00am-10:30am
- Monday, June 21

## Spine Surgery

*cervical or lumbar back surgery*

- Friday, January 8 - 9:00am-10:30am
- Friday, January 22 - 9:00am-10:30am
- Friday, February 5 - 9:00am-10:30am
- Friday, February 19 - 9:00am-10:30am
- Friday, March 5 - 9:00am-10:30am
- Friday, March 19 - 9:00am-10:30am
- Friday, April 9 - 9:00am-10:30am
- Friday, April 23 - 9:00am-10:30am
- Friday, May 7 - 9:00am-10:30am
- Friday, May 21 - 9:00am-10:30am
- Friday, June 11 - 9:00am-10:30am
- Friday, June 25 - 9:00am-10:30am

### Can't make it to a class?

You can view patient education videos, guidebooks, and other materials online at [www.animassurgical.com](http://www.animassurgical.com). Click on the "Services" tab on the top, then select "Orthopedic Surgery" and "Preparing for Your Orthopedic Surgery."

### Questions?

Please contact Lisa Giovanniello, Orthopedic Coordinator. Phone: 970-247-3537.  
Email: [lgiovanniello@animassurgical.com](mailto:lgiovanniello@animassurgical.com).