



## Upcoming Health and Wellness Events

### Injury Screening

Thursday, June 1, 7pm-8:40pm  
Sunday, June 4, 9am-11am  
Tuesday, June 13, 4:30pm-6:10pm  
Thursday, June 29, 12pm-2pm

*Are you having pain or discomfort while lifting weights, running or doing any type of exercise? Do you have an injury that has limited your ability to perform daily tasks? Club Physical Therapist Dr. Vic Troha will now offer complimentary weekly health screenings for joint, muscular, or neurological pain. Dr. Troha will help you learn the details of your ailment and determine the best course of action.*

### Balance Lecture

Tuesday, June 6, 11am-12pm

*Vertigo, dizziness, and imbalance can hinder your daily living activities. However, there are treatment options to help eliminate or control your symptoms! The Christ Hospital Physical & Occupational Therapy team has many therapists that can help. Your vestibular system consists of the inner ear and the brain which work together to process information from your senses, such as your vision and sense of touch. Often times, people complain about fear of falling, dizziness, or vertigo. Join us on **Tuesday, June 6 at 11am** for a discussion with Tim Enwright, PT, to learn about exercises and treatment techniques that can immediately help you regain your balance.*

### Hip Alignment and Pain Screening

Wednesday, June 21, 7:15am-9:15am

*If you feel like your hips are out of alignment or if hip pain is hindering your daily activities then come in for a free screening with physical therapist, Vic Troha. Vic will be able to assess your hip, sacrum and lower back alignment to determine the underlying cause of your pain. Often time's hip dysfunction can result in further damage to other areas of the body, so don't hold off on getting it evaluated!*

### HMR Weight Management Program

Offered Weekly  
Monday's at noon  
Tuesday's at 6pm

*The Cincinnati Sports Club has partnered with HMR Weight Management to offer a program providing clinically significant weight loss outcomes. Regular weekly information sessions will be available at the Club to learn about the program, product sampling and Q&A. This is a no obligation learning session.*

*To find a physician for your health and wellness needs, visit  
[www.thechristhospital.com](http://www.thechristhospital.com) or call 513-585-1000.*

Two Convenient Entrances  
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