



WVU·EAST
WEST VIRGINIA UNIVERSITY HOSPITALS



WEST VIRGINIA UNIVERSITY
ROBERT C. BYRD HEALTH SCIENCES CENTER
EASTERN DIVISION

Present
Community Mini-Med School

“Effects of Exercise on the Mature Body”
How to exercise the proper way for all ages and avoid injury

Tuesday, October 19, 2010

Guest Speaker:

Russell DeGroot, M.D.
Center for Orthopedic Excellence
Tri-State Surgical Center

Registration 6:30 p.m.
Lecture: 7 p.m. - 8 p.m.

Location: Robert C. Byrd Health Sciences Center
(behind Dorothy McCormack Building - City Hospital Campus)



**To reserve a seat in advance,
call 264-1287, ext. 1760 before October 15**