

2020 SCHEDULE

Hip and Knee Replacement Pre-Surgery Joint Classes

No registration is necessary. Please plan to attend a class 1-2 months before your surgery. You only need to attend one class.

Location:

Foothills Hospital
4747 Arapahoe Avenue
Boulder, CO 80303

Classes are in Leo Hill B Conference room, 1st floor. Please check in at the information desk for directions.

Directions to Foothills Hospital

From Denver: Take U.S. 36 west. Exit on Foothills Parkway (CO157). Cross intersections at Baseline and Colorado and at the next light, turn right on Arapahoe. Move into the left lane. Turn left at the first light, which is 48th Street. The hospital entrance is on the left side of the street.

From Longmont: Take Diagonal Highway (Rt. 119) into Boulder. About 0.9 miles past Jay Road, the highway will split. Stay left and continue south past the Pearl Street exit to Arapahoe. Go left on Arapahoe and stay in the left lane. Turn left at the first light, which is 48th Street. The hospital entrance is on the left side of the street.

Parking

Free parking is available in the five-level garage located on the Foothills Medical Campus. The garage entrance is on 48th St. Additional free parking is available on the surface lots on the Foothills Medical Campus.

For more information

Call 303.415.7353

Monday Class 1 to 3 p.m.

January 6
January 20
February 3
February 17
March 2
March 16
March 30
April 13
April 27
May 11
June 8
June 22
July 6
July 20
August 3
August 17
August 31
September 14
September 28
October 12
October 26
November 9
November 23
December 7

Wednesday Class 5 to 7 p.m.

January 15
January 29
February 12
February 26
March 11
March 25
April 8
April 22
May 6
May 20
June 3
June 17
July 1
July 15
July 29
August 12
August 26
September 9
September 23
October 7
October 21
November 4
November 18
December 2

For the best experience, we highly recommend attending the class in person. In the event you cannot attend in person, you can view a video online at: bch.org/jointvideo.



Boulder Community Health