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ffer from joint pain? Are you considering joint  
kowski, an orthopedic surgeon, will present a free seminar  
on joint pain and partial knee replacement surgery on Friday, Nov. 7 at the Panama City Beach  
Senior Center. The seminar will take place at 10 a.m. at the Senior Center, which is located at  
423 Lyndell Lane in Panama City Beach.

Key topics include knee pain, preventive measures, and partial knee replacement surgery. Angie  
Arnett, joint replacement program coordinator for Sacred Heart Hospital on the Emerald Coast,  
will provide a brief overview of the hospital's joint replacement program, which features  
personalized care, patient education and family involvement before and following surgery. In  
addition, Jennifer Hodges, physical therapist, will introduce the outpatient rehabilitation services  
offered by Sacred Heart in Panama City Beach.