



Join us for a **FREE** program!



## Living Well with Lumbar Spinal Stenosis

Friday  
October 2, 2015

10:00 am–11:30 am

The Osborn  
101 Theall Road  
Rye, NY

Join us for a panel discussion where expert panelists will provide an overview of both surgical and non-surgical treatment approaches to this common lower back ailment that affects millions of people, particularly among older adults.

### THIS PANELISTS WILL COVER

- Surgical & non-surgical treatment of spinal stenosis
- The role of physical therapy in managing spinal stenosis
- The role of acupuncture in addressing back pain

### MODERATOR

**C. Ronald MacKenzie , MD**  
Attending Physician, HSS

### SPEAKERS

**Andrew Sama, MD,**  
Associate Attending Orthopedic Surgeon, HSS

**Eileen Landin, PT, DPT, GCS**  
Director of Rehabilitation, The Osborn

**Charis Meng, MD**  
Assistant Attending Rheumatologist, HSS

A collaborative program presented by  
The Osborn and Hospital for Special Surgery.

**Space is limited, register early!**

To register, please visit [www.theosborn.org/events](http://www.theosborn.org/events) or call **914.925.8218**.