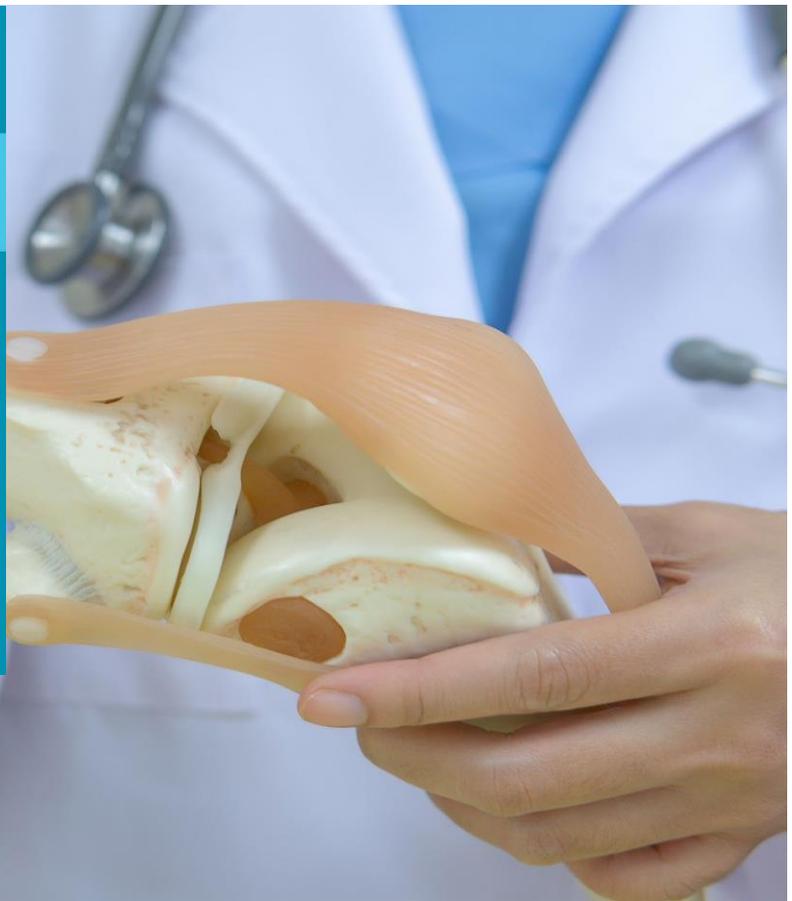




## 2026 Joint Replacement Classes (Knee & Hip )



UPMC St. Margaret offers a Joint Replacement Class hosted by an orthopedic nurse navigator, a registered dietician, and a physical therapist. This team of joint replacement specialists are here and available to help you with your joint replacement journey. This class covers the following topics:

### How to prepare your body for surgery

- How to prepare your home for your return from surgery
- What to expect during your hospital stay
- How to manage pain
- How to prevent complications
- How diet effects surgery outcomes
- Physical therapy exercises before and after surgery

<b>When:</b>	See schedule on back of this flyer
<b>Where:</b>	UPMC St. Margaret – 815 Freeport Road, Pittsburgh, PA 15215 Van Horne Pavilion located at entrance A or online classes available

### How to Join/Sign Up

- Go to **UPMC.com/Classes**
  - ❖ select “Health Education Classes”
  - ❖ then select “Bone & Joint”
  - ❖ Scroll until you find “Total Joint Replacement Class-UPMC St. Margaret” with the date you want
- Or call: **866-92-ORTHO (866-926-7846)**
- Or email: Orthopedic Nurse Navigator Lisa Kolodziejiski, MSN, RN at [kolodziejiskile@UPMC.edu](mailto:kolodziejiskile@UPMC.edu)

## 2026 Total Joint Pre-Operative Education Class Schedule

**Online Classes** available via Microsoft TEAMS (Online classes highlighted in green below)

All in-person classes held in UPMC St. Margaret Van Horn Pavilion

JANUARY		FEBRUARY		MARCH	
January 5, 2026	1pm – 3pm	February 2, 2026	1pm – 3pm	March 2, 2026	9am – 11am
January 14, 2026	9am – 11am	February 11, 2026	9am – 11am	March 2, 2026	1pm – 3pm
January 14, 2026	1pm – 3pm	February 11, 2026	1pm – 3pm	March 9, 2026	9am – 11am
January 21, 2026	1pm – 3pm	February 18, 2026	1pm – 3pm	March 18, 2026	1pm – 3pm
APRIL		MAY		JUNE	
April 8, 2026	9am – 11am	May 4, 2026	1pm – 3pm	June 1, 2026	1pm – 3pm
April 8, 2026	1pm – 3pm	May 13, 2026	9am – 11am	June 10, 2026	9am – 11am
April 13, 2026	1pm – 3pm	May 13, 2026	1pm – 3pm	June 10, 2026	1pm – 3pm
April 22, 2026	1pm – 3pm	May 20, 2026	1pm – 3pm	June 17, 2026	1pm – 3pm

### Prerecorded Sessions Available

If you can't attend the class in person or online, please email [SMH.ortho.class@upmc.edu](mailto:SMH.ortho.class@upmc.edu) or scan the QR code below. Include your name and phone number in your email. You will receive links to presentations from a nurse, dietitian, and physical/occupational therapist, along with copies of PowerPoints, an ERAS nutritional handout, and post-operative constipation information.

