

It's **HIP** to be  
**ACTIVE!**



You **KNEED** to keep moving!

Put your joints to the test  
and get moving this Fall at the...

FITNESS FORUM/SOS

## Joint Replacement 3K & 5K Walk

AT THE SYRACUSE FESTIVAL OF RACES

**Date:** Sunday, October 2<sup>nd</sup> **Time:** 9:00 a.m. **Place:** Manley Field House, Syracuse, NY

**How to Register:** [www.FestivalofRaces.com](http://www.FestivalofRaces.com). Be sure to select the knee or hip replacement category.

**For More Information Contact:** Theresa at 477-0888

***Fitness Forum***  
Physical Therapy & Aquatic Centers

[www.fitness-forum.com](http://www.fitness-forum.com)

**SOS** SYRACUSE  
ORTHOPEDIC  
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