



# Balanced

Healthy Living

**Unveiling The Healthy Man  
December 6, 2011**

**FREE**



Presented by:  
The WATSON CLINIC  
Foundation, Inc.

THE WATSON CLINIC

Foundation, Inc.

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*You're  
Invited!*

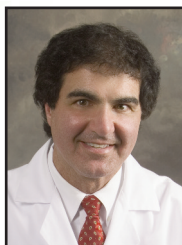
**Men's Health**  
*conference*

- 5:15 pm - 6:45 pm
- December 6, 2011
- Watson Clinic  
Bella Vista Building  
1755 N. Florida Ave.  
Lakeland, FL

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## MESSAGE FROM THE CHAIRMAN



## “Planning for a Healthy Life.”

*If you're like most Americans, you plan for the future. And, more and more we are looking at ways to protect our health to allow us to plan for a long and productive life. The Watson Clinic Foundation has always been at the forefront of providing the latest information available to help you protect yourself from disease and injury. The 3rd Annual Men's Health Conference provides critical information delivered by some of the best healthcare providers in the market. We hope you will join us and remember, just because you feel fine doesn't mean you don't need your annual tune-up! Make a plan to get your checkup soon.”*

Louis S. Saco, MD



### EVERYTHING YOU EVER WANTED TO KNOW ABOUT SHOULDER PAIN

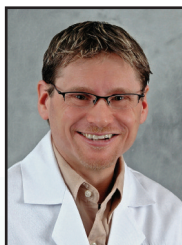
Prashant J.  
Desai, DO

Does swinging a golf club, moving boxes, or waxing your car cause you shoulder pain? Is this pain affecting your daily activities? If so, come hear about the most common causes of shoulder pain and how they can be treated. Don't let shoulder aches and pains control your life!

### KNEE PAIN IN BABY BOOMERS AND BEYOND - A TREATMENT GUIDE FOR MEN OF ALL AGES

Douglas A.  
Shenkman, MD

Standing, walking, or bending shouldn't hurt. Knee pain can happen at any time and affect men of all ages. Join us and learn more about the latest non-operative treatments and most advanced surgical procedures available. Let's prevent subtle knee ache so you can walk pain free for years to come!



**HEALTH** is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity. -World Health Organization

Information is **KNOWLEDGE**. -Albert Einstein

With **HEALTH & KNOWLEDGE** in mind, we crafted this conference specifically for you, your loved one or a friend. Come prepared to gain insight to the health concerns facing today's man. December 6th can be the beginning of your **Balanced Healthy Living** lifestyle.

*Join us!*

## CONFERENCE topics

5:15 pm Registration & Light Refreshments

5:30 pm Welcome  
Caune B. Bamberg  
Watson Clinic Foundation  
Executive Director

5:35 pm Everything You Ever Wanted to Know  
About Shoulder Pain  
Prashant J. Desai, DO  
Watson Clinic Orthopaedic Surgeon/Sports Medicine

6:05 pm Knee Pain in Baby Boomers and Beyond -  
A Treatment Guide for Men of All Ages  
Douglas A. Shenkman, MD  
Watson Clinic Orthopaedic Surgeon/Sports Medicine

6:35 pm Closing Remarks

This conference is **FREE** of charge and is open to the public.  
To register, please call 863.802.6220 or email us at  
[wcfoundation@watsonclinic.com](mailto:wcfoundation@watsonclinic.com).