

# EXHIBIT J

SENIOR CENTER LUNCH & LEARN



# SUFFERING with KNEE PAIN

**Let us help you get back on your feet.**

**THURSDAY, JANUARY 24, 2019  
12:00 NOON**

**REEDSPORT SENIOR CENTER, 460 WINCHESTER AVENUE**

The Reedsport Senior Center is open to community members 60 years plus and a suggested meal donation is appreciated if partaking in the lunch.



The presentation will be provided by Dr. Richard Jany. Dr. Jany is a board certified Orthopedic Surgeon practicing at Reedsport Medical Clinic, part of the Lower Umpqua Hospital District.

His practice interests include general orthopedics and sports medicine, with specific focus on total knee replacement; knee arthroscopy and repair; fracture repair; hand problems; shoulder bursitis and shoulder surgery.



**LOWER UMPQUA  
HOSPITAL DISTRICT**

# Colon Cancer Awareness

**Screenings save lives.**

**March is Colorectal Cancer Awareness Month.**

**Dr. Gregory Shank, general surgeon at Lower Umpqua Hospital, will guide a discussion regarding the screening options available close to home.**

**FRIDAY, MARCH 15, 2019  
12:00 NOON**

**REEDSPORT SENIOR CENTER, 460 WINCHESTER AVENUE**

The Reedsport Senior Center is open to community members 60 years plus and a suggested meal donation is appreciated if partaking in the lunch.



Dr. Gregory Shank graduated from Southern College in Collegedale, Tennessee with a Bachelor of Arts in Chemistry and then attended Loma Linda School of Medicine in Loma Linda, California. He completed his residency in General Surgery from Robert Packer Hospital in Sayre, Pennsylvania. For five years after residency, Dr. Shank worked as the sole surgeon and Medical Director at l'hopital Adventiste de Koza in Koza, Cameroon.

Dr. Shank is certified by the American Board of Surgery and is a Fellow of the American College of Surgeons. He has a special interest in laparoscopic surgery.



**LOWER UMPQUA  
HOSPITAL DISTRICT**