**Topsham Garden Club**

**Wednesday June 3, 2015**

On **Wednesday, June 3, 2015**, the Topsham Garden Club will meet at the [Topsham Public Library](https://www.google.com/maps/place/25%2BForeside%2BRd%2C%2BTopsham%2C%2BME%2B04086/%4043.9240172%2C-69.9487432%2C17z/data%3D%213m1%214b1%214m2%213m1%211s0x4cad87a07c870e27%3A0xba522af7b55f859d?hl=en), 25 Foreside Road, Topsham, at 12:00 P.M. for a brown bag lunch and business meeting. Beverage and dessert are provided.

 **The program which starts at 1:30 P.M. is titled**

**Gardener's Fitness: Preventing Aches & Pains**

# Steve Vance, manager of the [Mid Coast Orthopedic Therapy Center](http://www.midcoasthealth.com/mcmg/orthopedics.htm) will introduce three experts each speaking for 15 minutes on how to be a smart gardener and maximize the physical benefits of gardening by minimizing your risk of injury and strain. There will be time for questions at the end.

 **Dr. Lisa Khoury**, an orthopedic surgeon, **Richelle Sipiora**, a physical therapist and **Kim Odell**, an occupational therapist will talk on the knees, low back, and thumbs respectively.

**The public is welcome to attend**.

For more information about the Topsham Garden Club programs and actvities, go to [http://www.topshamgardenclub.com](http://www.topshamgardenclub.com/) or contact Vicky Marr at 207-563-1993.

Attached: Speakers’ Bios

**Speakers’ Bios**

**Steve Vance** is the manager of the Mid Coast Orthopedic Therapy Center. Originally from South Portland, ME he lives with his family in Harspwell. Steve received his Bachelor of Science in Education from the University of Maine, Orono, and his Bachelor of Health Sciences from the University of Kentucky. Past experience includes being the owner of Granite Hill Physical Therapy, director of the Industrial Rehabilitation program at Saco Bay Physical Therapy, and senior therapist at Select Physical Therapy. Steve is one of the few Certified Hand Therapist in the State of Maine. His clinical interests include the wrist and industrial rehabilitation. In his spare time he enjoys hunting, reading, spending time with the family.

**Dr. Lisa Khoury** attended medical school at the University of Pennsylvania, her residency at the University of Pennsylvania Health System. She is Board Certified in Orthopedic Surgery and did her fellowship in Sports Medicine at the New York University Hospital for Joint Diseases. She currently practices at the Mid Coast Orthopedic Center on 430 Bath Rd in Brunswick. Dr.Khoury has a busy practice in Brunswick and enjoys tennis, skiing and most outdoor activities. She enjoys providing her patients with the highest quality orthopedic interventions.

**Kim Odell** from Virginia may consider herself a Mainer since her move here in 1979. Kim graduated from the University of Pennsylvania with an Occupational Therapy degree, and is a Certified Hand Therapist. Kim is an active member for the American Society of Hand Therapist, and Maine Occupational Therapy Association. Her clinical interests include upper limb fractures, tendon repairs, nerve injuries, and prevention of painful thumbs.

**Richelle Sipiora** came to Maine from Colorado where she worked for many years as a clinician in outpatient and hospital settings. She served as a physical therapist for the Denver Nuggets Professional Basketball Team for five years. Her clinical specialties include temporomandibular joint (TMJ) pain and shoulder injuries. Richelle was the Volunteer of the Year for the National Multiple Sclerosis Society Colorado chapter, and served on the board of the Arthritis Foundation and for a science enrichment program for elementary school children. She enjoys playing tennis and is a Masters All American in 5K road racing and in the discus.