



Health and Wellness Q & A

Sponsored by: **UCSF Dept. of Physical Therapy & Rehab. Science**
In Partnership with: **Campus Life Services Fitness & Recreation**



These drop-in Q & A sessions allow people from all backgrounds to ask Physical Therapy-related questions about their pain and injuries. The Physical Therapist will advise attendees about appropriate programs or referrals.

Day & Time: First Tuesday of month 4:30-5:30 pm

Location: Health and Wellness Center
Bakar Fitness & Recreation Center, Mission Bay
1675 Owens Street, SF, CA 94158

Cost: Free

Requirements: Non members of the fitness center must preregister for attendance.

Instructor: Sandra Stefanuto, PT is a licensed physical therapist. She has been a physical therapist since 1974 and has been creating wellness programs for 32 years.

To preregister for this Q & A session, please contact us:

Phone: (415) 514-4816

Email: wellness@ptrehab.ucsf.edu

University of California
San Francisco



Physical Therapy and Rehab. Science
PT Health and Wellness Program