



**ADVANCED ORTHOPEDICS  
AND SPORTS MEDICINE INSTITUTE, PC**  
A CENTER OF EXCELLENCE FOR BONE AND JOINT CARE

[www.AdvancedOrthoSports.com](http://www.AdvancedOrthoSports.com)

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**Press Release**

June 23, 2009

**You Can Keep Your Joints Healthy—AOSMI Orthopedic Surgeon of Freehold, NJ Tells How**

AOSMI's Dr. Alan Nasar hosted a seminar about how to keep joints healthy at the Freehold Senior Center in Freehold, New Jersey, Monmouth County.

Will the right "moves" now keep your joints healthy later? Dr. Alan Nasar, a board-certified orthopedic surgeon who is fellowship-trained in joint replacement and on staff at Advanced Orthopedics and Sports Medicine Institute of Freehold, New Jersey in Monmouth County, spoke about preserving and keeping joints healthy, on Wednesday, June 17 at Freehold Senior Center, 116 Jackson Mills Road, Freehold, NJ.

The seminar, geared toward the senior population was provided free of charge by Adrienne Bruker, director of marketing at CareOne Jackson (11 History Lane, Jackson).

"Dr. Nasar's seminar was very insightful and offered tons of valuable information for keeping my joints healthy and strong," said Nancy Jackson, who attended the event. "I also learned that AOSMI in Monmouth County is a top-notch orthopedic facility with a staff of seven board certified orthopedic surgeons."

According to AOSMI's Dr. Nasar, 66 million – nearly one in three adults – in America have doctor-diagnosed arthritis or chronic joint symptoms. Can arthritis be avoided altogether? What if you already have arthritis? Half of Americans with arthritis don't think anything can be done to help them. Is this true? Can you break the pain cycle? Dr. Nasar discussed these

topics and many others at his seminar “Healthy Joints” in Freehold, New Jersey.

Today, the surgeons at Advanced Orthopedics and Sports Medicine Institute provide the Monmouth and Middlesex County communities with specialists for every orthopedic need. Located in the Pond View Professional Park at 301 Professional View Drive in Freehold, and Renaissance Crossing Medical Arts Building at 312 Applegarth Road, Suite 101, Monroe Township, New Jersey, Advanced Orthopedics and Sports Medicine Institute provides advanced medical care with leading doctors and surgeons, state-of-the-art technology, and exceptional Patient-Centered, Patient-Focused Care™. The seven practicing physicians at AOSMI have a combined 100 years of experience providing exceptional orthopedic care to the New Jersey communities of Monmouth and Middlesex County. For more information, call 732-720-2555 or visit <http://www.AdvancedOrthoSports.com>.

#### **Location of Press Release**

**Country** USA  
**State** NJ  
**City** Freehold

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