



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

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Press Release

August 15, 2008

Advanced Orthopedics and Sports Medicine Institute of Freehold, New Jersey to Present Wellness Seminars to Active Adult Communities in Monmouth County

Advanced Orthopedics and Sports Medicine Institute (AOSMI) will present Wellness Seminars at active adult communities in the Monmouth County area of New Jersey. AOSMI's new director of wellness and fitness, Gail Plaza, will present a variety of health and physical fitness topics to promote wellness.

Advanced Orthopedics and Sports Medicine Institute (AOSMI) will sponsor Wellness Seminars at various active adult communities beginning in late summer of 2008. Gail Plaza, AOSMI's new director of wellness and fitness, will share her expertise in health, wellness, physical training and nutrition at these free events. Topics will include cholesterol reduction, stress and depression, bone and joint health, weight management, and physical training.

Gail Plaza has been involved in sports and health for most of her life. As a teen, she began a career in emergency medicine by joining the volunteer ambulance squad in her hometown and remained a member for eight years. During this time Gail became an emergency medical technician and volunteered in the emergency room of Hackensack Medical Center. She has been certified as a personal trainer with ISSA (International Sports Science Association) since 1994. Gail's experience has included providing one-on-one training for all age groups. She has worked with teenagers, stay-at-home moms, senior citizens and has even helped coach track and field athletes incorporating fitness training with proper nutrition. Most recently Gail's continued desire to grow and learn in the health and medical industry led her to become a nationally certified medical assistant.

"I'm excited to be able, through AOSMI, to reach out to members of active adult communities and share what I've learned. I strongly believe that by using a

combination of aerobic exercise, good nutrition, flexibility and weight training, anyone can live a healthier life, no matter what their age,” says Gail at the close of a recent event.

Today, the surgeons at **Advanced Orthopedics and Sports Medicine Institute** provide the Monmouth County community with specialists for every orthopedic need. **Advanced Orthopedics and Sports Medicine Institute** provides advanced medical care in Freehold, New Jersey 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 community of Monmouth County.

Location of Press Release

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