

Learn how to prevent knee injuries

Knee injury prevention is key to staying active all winter.

Orthopedic surgeon Robert Rupp and Ryan Solberg, M.S.P.T., on Dec. 6 at 6pm will give a talk about knee injury awareness, as well as surgical and non-surgical approaches to injury treatment.

The lecture will be at Sierra Nevada College in Incline Village (Tahoe Center for Environmental Sciences, Room 139).

The event is free.