



OUCH

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sports medical center

DEDICATED SPORTS MEDICINE PROFESSIONALS

Serving Southern California & the Valley for Over 20 Years

NOW OPEN WEEKENDS!

Starting February 1st
Saturday & Sundays 1 pm-4pm



Men's Health Seminars

Free to the Public

Join us Wednesdays 7-8pm at Ouch Sports Medical Center
27450 Ynez Road, Suite 128, Temecula

- FEB 3RD** *Common Sleep Disorders & Deprivation*
Presented by Del Henninger, M.D.
- FEB 10TH** *Motion is Medicine – Exercise Recommendations*
Presented by John Waite, DPT OCS & Randy Ice, PT, CCS
- FEB 17TH** *Sciatica, Back & Neck Pain*
Presented by Mark Nelson, M.D.
- FEB 24TH** *Erectile Dysfunction*
Presented by Jeffrey Connor, M.D.
- MAR 3RD** *Technology for Health*
Presented by Butch Owens, M.D.
- MAR 10TH** *Diabetes*



No Insurance? ... No Problem! Board Certified M.D. Physician visits starting at just **\$99 PER PROBLEM!**

We're here for all your healthcare needs with Board Certified M.D. Physicians
Physician Owned and Operated



Jerry Hizon, M.D.
Board Certified Sports Medicine
Board Certified Family Practice



James P. Nevins, M.D.
Board Certified Sports Medicine
Board Certified Family Practice



Brent Kay, M.D.
Board Certified Sports Medicine
Board Certified Internal Medicine



Pamela Wong Simmons, M.D.
Board Certified Family Practice

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HOURS: Monday-Friday 8am-5pm Same day appointments available

WALK-INS WELCOME!