

JOIN OUR FREE FOOT CARE EDUCATION CLASS

Facilitated by our Advanced Foot Care Nurse

- Do you have diabetes or circulation problems in your feet?
- Do you want to learn how to safely take care of your feet (or someone else's)?

Topics include how to:

- Cut your nails properly.
- Inspect your feet and when to get medical help.
- Choose proper foot wear.
- Plus, lifestyle tips to keep your feet healthy when you have diabetes.

Our foot care nurse will also perform diabetes foot exams for anyone with diabetes (as recommended by Diabetes Canada Guidelines).

CALL TO REGISTER:

SMITHS FALLS 613 284-2558

BROCKVILLE 613 498-1555

OR VISIT OUR WEBSITE: RIDEAUCHS.CA