

## 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](http://RIDEAUCHS.CA)