

## 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).

**CHOOSE THE LOCATION  
AND DATE THAT WORKS  
FOR YOU!**

**CALL TO REGISTER**

### SMITHS FALLS

Jan 15 - 930-1100  
May 21 - 930-1100  
Sep 24 - 930-1100

**613-284-2558**

### BROCKVILLE

Feb 3 - 930-1100  
Jul 14 - 930-1100  
Nov 14 - 930-1100

**613-498-1555**