



Do your feet hurt?

Does every day start off on the wrong (and painful) foot?

Sore feet are no walk in the park. Over 2 million Americans are treated for foot pain every year. Even the most basic daily tasks can have us treading lightly as a result of discomfort in the heels, arches, and/or toes.

Join us for a complimentary and interactive session to learn about the most common types of foot pain. Those currently suffering from Plantar Fasciitis and other related foot pain are encouraged to attend to learn best practices for relieving discomfort. This session will also include valuable tips & exercises to avoid Plantar Fasciitis and stay pain-free.

Best Foot Forward - Avoiding Plantar Fasciitis

Session Held on

Thursday, November 7th

12:00pm - 1:00pm

(Lunch will be Provided)

Community Room

Please RSVP with Human Resources by end of day November 6th

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