

## HOW FIT ARE YOUR FEET?

Walking is very important to all of us, and maybe the only form of exercise in which many of us participate. For this reason, proper foot care is very important.

Our foot care team—all nurses with specialized training—will, in a clinic setting:

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-  Assess Client's feet
  -  Cut and file toenails.
  -  Treat ingrown toenails, corns and calluses, fungal nails
  -  Provide a foot massage with each foot care treatment
  -  Chart client's progress

*The cost is \$35 Payment by Visa OR Mastercard  
Receipts issued.*

**WE PROCESS ALL PAPERWORK FOR  
VETERANS (DVA's)**

**ST. MATTHEW'S UNITED CHURCH**

**333 Crosby Avenue, Richmond Hill**

**Wednesday, October 12, 2016**

**9 am – 1 pm**

**To book your appointment,  
Contact church office or Vicki White @ 905-884-3606**