



**Feet First Steps For Health**

Diabetic Foot Health Clinic

# Safe Self Care Workshops

Clients, Caregivers & Family Members are Welcome

SESSIONS ARE FREE (kits included)

Thursday, Feb 1	Hamilton Mountain	10:30-12:30
Wednesday, Feb 21	Stoney Creek	2:30-4:30
Tuesday, Mar 6	Hamilton Mountain	2:00-4:00
Thursday, Apr 12	Hamilton Mountain	2:00-4:00 Footwear Focus
Tuesday, May 15	Hamilton Mountain	10:30 – 12:30
Tuesday, June 26	Hamilton Mountain	10:00-12:00
Wednesday, June 27	Stoney Creek	2:30-4:30
Wednesday, Oct 31	Stoney Creek	2:30-4:30

To pre-register please call : 905 523-0090

**North Hamilton Community Health Centre - Main Site**

438 Hughson Street North

**Hamilton Mountain Satellite Clinic**

1221 Limeridge Road East

**Stoney Creek Satellite Clinic**

New Village Retirement Home  
490 Hwy #8 – 1st Floor Room 104

**Burlington Satellite Clinic**

Joseph Brant CHC  
1182 Northshore Blvd – Room B16



Services Provided by :



Take your health into your own hands, safely and effectively!