



**Feet First Steps For Health**

Diabetic Foot Health Clinic

# Safe Self Care Workshops

Clients, Caregivers & Family Members are Welcome

SESSIONS ARE FREE (kits included)

Tuesday, September 18	Hamilton Mountain	1:00-3:00 pm
Wednesday, November 7	Hamilton Mountain	2:00-4:00
Wednesday, November 7	Stoney Creek	2:00-4:00
Tuesday, December 4	Hamilton Mountain	2:00-4:00

**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

Services Provided by :



**Burlington Satellite Clinic**

Joseph Brant CHC

1182 Northshore Blvd – Room B16

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

