



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 July 5 th	Fort Erie : Bridges CHC	TBA
Friday September 2 nd	Welland Site : Seaway Mall	1:30-3:00 pm
Thursday September 22 nd	St-Catharines : Quest CHC Port Colborne : Bridges CHC	2:30-3:30 pm 2:30-3:30 PM

To pre-register please call : 1-844-223-FEET
or 905 688-2223

Velland - Seaway Mall

00 Niagara Street – Unit JJ1 (second floor)

Niagara Falls - NF CHC

4481 Queen Street

St-Catharines - Quest CHC

145 Queenston Street

Fort Erie- Bridges CHC

1485 Garrison Road

Port Colborne- Bridges CHC

177 King Street

Virgil - Niagara on the Lake Family Health Team

1882 Niagara Stone Road



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

Services Provided by :

