



**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, July  
20<sup>th</sup>

Fort Erie :  
Bridges CHC

3:00 – 4:30 pm

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

**Welland – Seaway Mall**

800 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 :

