



**Feet First Steps For Health**

Diabetic Foot Health Clinic

# Safe Self Care Workshops

Clients, Caregivers & Family Members are Welcome

SESSIONS ARE FREE (kits included)

Wednesday, March 28 <sup>th</sup>	Welland	2:00-4:00 pm
Wednesday, July 11 <sup>th</sup>	Welland	2:00-4:00 pm
Wednesday, November 21 <sup>st</sup>	Welland	2:00-4:00 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**

4790 Victoria Ave.

**St-Catharines - Quest CHC**

145 Queenston Street

**Fort Erie- Bridges CHC**

1485 Garrison Road

**Port Colborne- Bridges CHC**

380 Elm Street

Services Provided by :



**Virgil - Niagara on the Lake Family Health Team**

1882 Niagara Stone Road

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