

STOMP OUT FOOT PAIN WORKSHOP

Presented by Sarah Thomas, PT

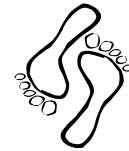
March 25, 2010, Thursday

5:30 pm to 7:00 pm

Fee: \$10.00



If you are tired of having foot pain which limits your activity, join us for an evening of valuable information to improve your lifestyle.



- ⇨ learn how to improve the flexibility of your feet
- ⇨ strengthen weak hip, ankle and foot muscles
- ⇨ self-help tips to be more comfortable
- ⇨ improve balance
- ⇨ address common foot ailments; bunions, plantar fasciitis, recurrent ankle sprains

RSVP:
(386) 257-2672



**The shoes you
wear may be caus-
ing your foot
problems.**

**BRING A
FRIEND and YOU
BOTH ATTEND
FREE !**

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