



The Good Companions
Seniors' Centre
Supporting a Vibrant Community

Alan P. Sentance Educational Lecture Series: **Foot Health**

Presented by Lisa Garland and
Diane Crocker, from



Tuesday, October 16th 2018
10:30—11:30am
The Good Companions

Foot care is an essential part of preventative health care, just as important as blood pressure, screening, and yearly checkups. Come and meet foot care nurses from TiredSole, gain some information on how to care for your feet and what to look out for so you know when to get assistance. **This is a free seminar. All in the community are welcome and encouraged to attend. Please note and respect that our centre is scent free. Please register in person or call Front Reception to reserve your spot.**

The Good Companions - 670 Albert St.
Space is limited. Call 613-236-0428 or stop by our Front Reception to register.
Parking available (\$2.50/day)
OC Transpo routes: 8, 16, 41, 85, 86, 87, 91, 92, 94, 95, 96, 97, 98, 99.