## Free Community Seminar



## Choosing the Right Shoes for Better Foot and Ankle Health

## Tuesday, May 16 from 6 to 7:30 p.m.

Casa Colina Hospital and Centers for Healthcare, Loverso Education Center, Building 1E 255 East Bonita Avenue (at Garey), Pomona, CA 91767



## **Topics of discussion will include:**

- The importance of proper footwear for your lifestyle
- Complications and injuries associated with wearing the wrong footwear
- Treating bunions and hammertoes
- Ankle/Achilles tendon conditions
- Question and answer session

Refreshments will be served.

Seating is limited – please call to reserve your space.

866/724-4132





