

SENIOR WELLNESS MORNING

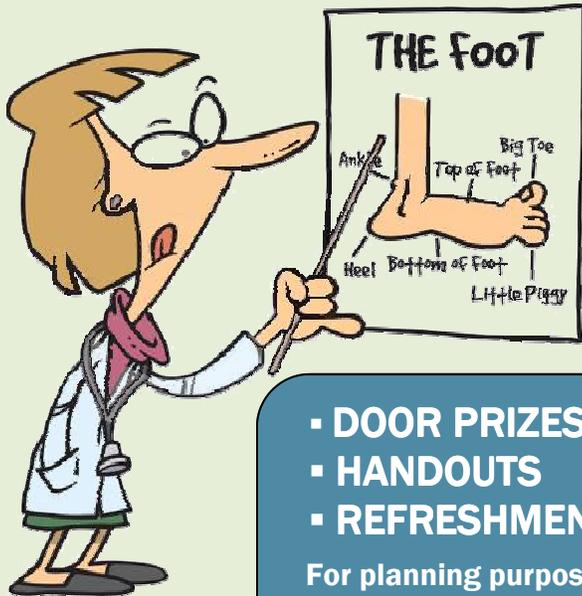
Senior Wellness Mornings are held at the Fond du Lac Senior Center on the 2nd Friday of EVEN months from 9–11 a.m.



ASK THE FOOT DOCTOR

Friday, April 12

Fond du Lac Senior Center 151 E. First Street



- DOOR PRIZES
- HANDOUTS
- REFRESHMENTS

For planning purposes,
please call 322-3630
To pre-register.

9–10 a.m.

Health Screenings:

- Blood Sugar (Fast required)
- Blood Pressure
- Hearing

Health Info Booths: including

- Aging & Disability Resource Center
- Agnesian Health Shoppe
- Look Good, Feel Better Cancer Program
- Rehab Arisces
- Second Set of Hands
- TOPS Chapter #1159
- UW-Extension
- Wink Chiropractic

Demonstration:

Fond du Lac Senior Center's Handchime Choir

10–11 a.m.

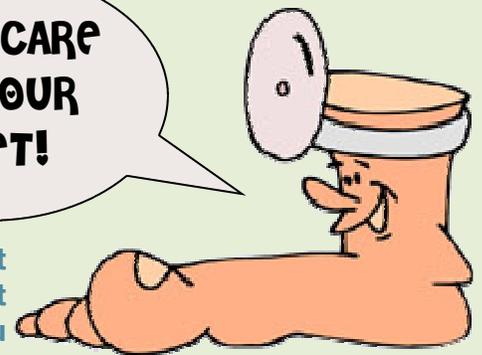
Speaker: Dr. Maria Elena Saleh

Doctor of Podiatric Medicine
Midwest Foot & Wound Care Center

Years of wear and tear can be hard on our feet. Foot care is typically only on people's mind when they start to experience pain, swelling, or other concerns. The feet are often neglected as most people do not think of how important their feet are to their every day living. Your feet support you when you are standing, give you the kinetic energy to walk, and bring you from one point to another.

Dr. Saleh will explain how your feet are more important than you think and answer commonly asked questions regarding foot health and foot care. She will provide a variety of information regarding foot problems, how to choose proper footwear, and treatment options.

**TAKE CARE
OF YOUR
FEET!**



This month's Senior Wellness Morning is sponsored by **Midwest Foot & Wound Care Center**

SENIOR WELLNESS MORNING

Senior Wellness Mornings are held at the Fond du Lac Senior Center on the 2nd Friday of EVEN months from 9–11 a.m.



ASK THE FOOT DOCTOR

Friday, April 12

Fond du Lac Senior Center 151 E. First Street



- DOOR PRIZES
- HANDOUTS
- REFRESHMENTS

For planning purposes,
please call 322-3630
To pre-register.

9–10 a.m.

Health Screenings:

- Blood Sugar (Fast required)
- Blood Pressure
- Hearing

Health Info Booths: including

- Aging & Disability Resource Center
- Agnesian Health Shoppe
- Look Good, Feel Better Cancer Program
- Rehab Arisces
- Second Set of Hands
- TOPS Chapter #1159
- UW-Extension
- Wink Chiropractic

Demonstration:

Fond du Lac Senior Center's Handchime Choir

10–11 a.m.

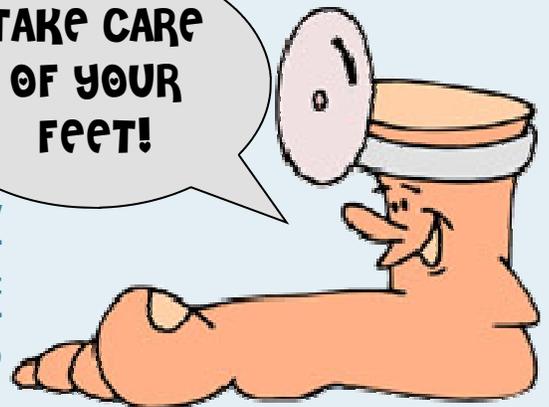
Speaker: Dr. Maria Elena Saleh

Doctor of Podiatric Medicine
Midwest Foot & Wound Care Center

Years of wear and tear can be hard on our feet. Foot care is typically only on people's mind when they start to experience pain, swelling, or other concerns. The feet are often neglected as most people do not think of how important their feet are to their every day living. Your feet support you when you are standing, give you the kinetic energy to walk, and bring you from one point to another.

Dr. Saleh will explain how your feet are more important than you think and answer commonly asked questions regarding foot health and foot care. She will provide a variety of information regarding foot problems, how to choose proper footwear, and treatment options.

**TAKE CARE
OF YOUR
FEET!**



This month's Senior Wellness Morning is sponsored by **Midwest Foot & Wound Care Center**