

Stepping into the New Year



Don't tiptoe around the importance of foot health

It's no fun stepping into the New Year (or any other time) if your feet hurt. Foot pain is not a normal part of life and should not be ignored. Many common problems cause pain or discomfort, which is not a surprise considering the wear and tear that feet undergo. All of the walking we do throughout our life pounds our feet with hundreds of tons of force. Inadequately designed or ill-fitting shoes, poor circulation, disease, and years of wear and tear are some of the culprits for common foot problems.

Karl Johnson, DPM

If you are experiencing foot problems or foot pain is keeping you from exercising and moving around as much as you would like, join us this month for an informative seminar.

Dr. Karl Johnson will discuss common foot issues, from corns and calluses to hammertoes and heel pain. Find out about causes and treatments, and also how to prevent issues from occurring in the future. Don't take your feet for granted!

DATE & TIME

Tuesday, January 24, 2017

6 p.m.

Alaska Regional Hospital

Ivy Room 1, First Floor

2801 DeBarr Road

RSVP

Seating is limited. Please reserve your space to the ARH Event Registration Hotline at 264-1722 or alaskaregional.com/classes&events



It's a brand new day

alaskaregional.com