

FREE WELLNESS INFORMATION SESSION

MOVE RIGHT FOR YOUR FOOT TYPE

Join us for our 3rd installment
of Elio's Wellness Information Series,
Running Shoes and Orthotics.

WIN YOUR CHOICE



Win a pair of Saucony or Brooks shoes

(winner's choice for one lucky attendee)

Due to high interest in this event,
attendees are required to RSVP to ensure
a spot, and a chance to win this amazing
prize to help get you started in your new
summer activity.

**WELLNESS
INFORMATION
SERIES**



elio's
Foot Comfort Centre

We will discuss many informative
topics, such as:

- *Foot types/shapes*
- *Foot conditions*
- *Proper sizing of footwear*
- *Orthotics and Footwear*
- *Different types of shoes*
- *Variance between footwear companies*

RSVP to save a spot.

905-227-4215

THURSDAY, JUNE 7TH, 5:30PM

WELLNESS INFORMATION SESSIONS



| TOPIC | SESSION TITLE | DATE |
|----------------------------------|---|----------------------|
| RUNNING SHOES / ORTHOTICS | Move right for your foot type, and keep active this coming season | June 7, 5:30 pm |
| BUNIONS | Non operative treatment for painful bunions | July 5, 5:30 pm |
| KIDS ORTHOTICS | Debunk the myth about kids and orthotics | August 2, 5:30 pm |
| BRACING- KNEE, ANKLE, BACK, ARMS | How to ease arthritis pain with Custom or off the shelf bracing | September 6, 5:30 pm |
| CUSTOM SHOES | Not just for seniors....Custom shoes for problem feet | October 4, 5:30 pm |
| DIABETIC FOOT CARE | How to alleviate the pain with diabetic foot care | November 1, 5:30 pm |
| KNEE, HIP OR BACK PAIN | How Podiatrists can help with knee, hip or back pain | December 6, 5:30 pm |

Free admission. All attendees receive a free ballot for a chance to win a prize. Dates or session topics are subject to change.
Please sign up at front desk, on Elio's Facebook page, or by phone.

RSVP TO SAVE A SPOT CALL 905-227-4215