

# FOOT HEALTH AWARENESS

## elio's Foot Comfort Centre

In honour of Foot Health Awareness Month in May, we invite the public to pick up a **complimentary copy of Elio's Foot Health Guide** packed with useful information.



Your feet contain about 25 % of the bones in your body. Each foot contains 26 bones, 107 ligaments and 19 muscles and tendons.

Did you  
KNOW?



A person walks 115,000 miles in an average lifetime; that is approximately 4 times the distance around the globe.

**FOOT  
FACT**

75 percent of Canadians will experience foot problems at one point in their lifetime.

If you suffer foot pain or experience a foot, ankle, or leg injury, contact Elio's to request an appointment with one of our Canadian Certified Pedorthists or in-house Chiropodist. Call 905-227-4215

**Request appointment online: [EliosFootComfort.com](http://EliosFootComfort.com)**