



Meet your feet

What is "Meet your feet?"

- It is a group that aims to assist with foot health in a relaxed and friendly setting.
- Aims to improve your general mobility and increase your confidence in self care techniques.

What do the sessions cover?

- What a community health podiatry service can do for you?
- Common foot problems and the do's and don'ts of foot care
- How to stay flexible and safely reach your feet
- Foot care equipment, choosing your shoes and reaching aids



When is it?

Please contact us for session dates and times



What do I pay?

\$33 for four sessions.

You will pay for all sessions prior to commencing.



Where do I go?

Gateway Health
45 - 47 Mackay Street
Wangaratta

For enquiries and registration contact

T: (03) 5723 2000

Wangaratta

45 - 47 Mackay Street
Wangaratta, 3677

T: (03) 5723 2000

F: (03) 5722 2313

Wodonga

155 High Street
Wodonga, 3690

T: (02) 6022 8888

Freecall: 1800 657573

F: (02) 6024 5792

Ask us about our other group activities for older people to keep you active and socially involved.