

WALKING WITH CONFIDENCE: TIPS ON FOOTWEAR, ORTHOTICS, AND FOOT HEALTH FOR OLDER ADULTS

FRANK CIUBA DPT, MS & KAYLEE STURANS, SPT

DATE

**THURSDAY
OCTOBER
24TH, 2024**

TIME

1:15PM-2:15PM

LOCATION

***H/S THERAPY
ASSOCIATES***
2740 Shelly Rd,
Harleysville, PA
19438

REGISTRATION:

Sign-up at our front
desk!

CONTACT INFO:

(215) 513-1816

mfuss@hstherapy.com



1-HOUR FREE PRESENTATION

COVERAGE:

- Key features of proper footwear for enhanced comfort and stability
- Role and benefit of orthotics
- Essential foot stretches and exercises
- Practical tips for overall foot health

DON'T MISS OUT!

Enhance your safety, comfort, and overall foot health

