

Diabetes

FREE FOOT CARE & EDUCATION SESSIONS

Open to the public or by physician referral | Pre Registration is required.

Offered in Hamilton

Feet First: Steps For Health

This program provides FREE* foot care services for seniors and others living with diabetes across Hamilton

* Program is free if you have diabetes, difficulty accessing care due to language or income barriers and have risk factors for developing lower limb complications. For more information go to www.nhchc.ca.



FREE EDUCATIONS SESSIONS

Are you interested in preventing foot care problems due to diabetes?

Attend this class to find out:

- What you can do to maintain your foot health
- What you can do to ensure good fitting footwear
- How to access foot health resources in Hamilton

2010 SESSIONS: All classes will be held in the evening from 6:30 p.m.- 8:00 p.m.

DATE	LOCATION	CALL TO BOOK
February 10	St. Joseph's Health Care	905-522-1155 ext. 34819
March 10	SOADI	905-388-6010
April 28	Hamilton Family Health Team	905- 667- 4862 ext. 309
May 12	Aboriginal Health Centre	905-544-4320 ext. 257
June 9	McMaster Family Health Team	905-575-1300
July 14	Hamilton Health Sciences	905-577-1448
August 18	North Hamilton CHC	905-523-0090
September 8	St. Joseph's Health Care	905-522-1155 ext. 34819
October 13	SOADI	905-388-6010
November 10	Hamilton Family Health Team	905- 667- 4862 ext. 309
December 8	Aboriginal Health Centre	905-544-4320 ext. 257

For information on the 2011 education sessions, please call 905-523-0090.

Any Questions?

Call **Feet First: Steps for Health Program** at North Hamilton CHC at 905-523-0090
554 John Street North, Hamilton, Ontario, L8L 4S1

(As of September 2010, North Hamilton CHC will be in its new location at 444 Hughson Street North)

Hamilton Diabetes Collaborative (and Coordination of Diabetes Education Sub Working Group)



Ontario

Hamilton Niagara Haldimand Brant
Local Health Integration Network
Réseau local d'intégration
des services de santé de Hamilton
Niagara Haldimand Brant



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