

## 2026:

January 8
February 12
March 12
April 9
May 14
June 4
July 9
August 13
September 10
October 1
November 12
December 10

## Take a step toward healthier feet

Your feet work hard for you—why not give them the care they deserve? Join us at the Neat Feet Clinic, held every month!

For just \$25, our registered nurse will:

- Trim and file your toenails
- · Apply soothing lotion
- Check for any foot issues like redness, blisters, bruises, skin lesions, edema, corns, calluses, or ingrown and thick toenails

If we spot any concerns, we will refer you to your primary doctor, practitioner, or podiatrist for further care. It's a simple and affordable way to keep your feet healthy!

Senior & Family Services, 211 E Main, Washington 2<sup>nd</sup> Thursday monthly (except 1st Thursday in June & Oct.) 8:30-11:30 a.m.

## **How to Sign Up**

Appointments are required, so call us at (812) 254-8950 to schedule yours today! Cost is just \$25, payable by cash or check at the time of your appointment.



(812) 254-2760 dchosp.org

