



Happy Feet for Physical Activity

Don't let sore feet hold you back! Having healthy, happy feet is critical to keeping us moving.

Join Winnipeg ***in motion*** and Rich Hildebrand from Canadian Footwear to find out how to take care of your feet so they continue to be happy feet! Rich will discuss how to care for your feet, prevent corns and bunions and how to purchase proper footwear for your foot type and for the right activity.

Admission is FREE of charge and registration is not required. For more information, please contact Winnipeg ***in motion*** at 940-3648.

 **in motion**[™]
Physical Activity - do it for life!
www.winnipeginmotion.ca

When:

**Friday, March 20, 2009
12:10 pm to 12:50 pm**

Where:

**Millennium Library
Carol Shields Auditorium**

