



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOOT CARE FOR A LIFETIME



Active Older Adult Lunch and Learn

It is important that we are familiar within our daily routines that can help us to keep our feet healthy. The loss of protective sensation puts you at a high risk for injury. By protecting your feet, you can greatly reduce the chances of foot problems that commonly occur with neuropathy. Bring your lunch and join us Thursday.

Registration: May 29 - June 1

Date: June 1

Time: 12:15 PM

Where: Community Health Room

   SUMTER FAMILY YMCA 510 Miller Road Sumter, SC 29150
803-773-1404 ymcasumter.org

Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.