



## Join Peterson Health Rehab Services for a Lunch and Learn discussing foot care for seniors

Join us for our next Lunch and Learn educational session with **Dan Grimes** at **The Center for Fitness in Kerrville**.

Foot and ankle care is essential for older adults in order to help prevent injuries, falls, and complications from a number of chronic diseases. Learn how to properly care for your feet and ankles so they can continue to take you wherever you need to go!

Peterson Health offers therapy and treatment techniques focused on stability and care of the foot and ankle, and Dan Grimes will be presenting on the overview and biomechanics of the foot and ankle, as well as stability, footwear and orthoses recommendations and some common pathology that may affect the foot and ankle.

Every Lunch and Learn session includes a presentation as well as a nutritious lunch provided by Blue Sage Bistro at Peterson Regional Medical Center.

**Presenter:** Dan Grimes PT, DPT *Peterson Health Rehab Services*

**Topic:** Foot and Ankle Health and Care

**When:** Tuesday, July 15 | 12 to 1pm

**Where:** The Center for Fitness, 1407 Water Street in Kerrville

Sessions are limited to 30 attendees.  
To RSVP, call **830.257.7070**

