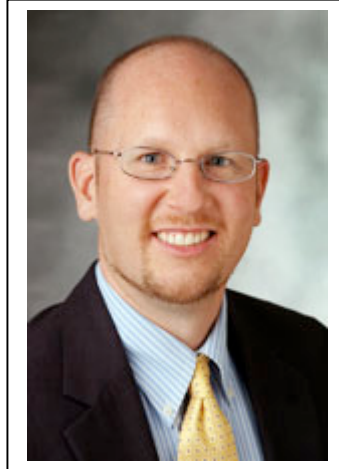




Sport & Spine Therapy of Marin is pleased to announce the third in our 2010 Lecture Series:

Foot Care for Seniors

Presented by



Dr. Peter Redko, DPM
North Bay Foot & Ankle

Wednesday, March 10th
7:00 - 8:00pm

At Sport & Spine Therapy of Marin/Novato
165 Rowland Way, Suite 101
(Inside the Medical Offices next to Novato Community Hospital)

According to the National Center for Health Statistics, a leading cause of activity limitation in older people is impairment of the lower extremities. Good foot care is essential in remaining independent and active. Join Dr. Redko as he outlines practical tips for maintaining good foot health and also learn how to identify early signs of systemic conditions like diabetes, arthritis and circulatory problems. Keep your feet in good shape so you can enjoy your senior years "on the go."

*The lecture is free and open to the public, but seating is limited,
so please RSVP by calling our office at 415-898-1311.*

Sport & Spine Therapy of Marin

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