



Take your health into your own hands, safely and effectively!

# Safe Self Care Workshops 2020

Clients, Caregivers & Family Members are Welcome

SESSIONS ARE FREE (kits included)

**ALL CLASSES ON HOLD DUE TO COVID 19**

**To pre-register please call : 1-844-223-FEET**  
**or 905 688-2223**



**Welland - Seaway Mall**

800 Niagara Street – Unit JJ1 (second floor)

**Niagara Falls - NF CHC**

4790 Victoria Ave.

**Fort Erie- Bridges CHC**

1485 Garrison Road

**St-Catharines - Quest CHC**

145 Queenston Street

**Port Colborne- Bridges CHC**

380 Elm Street