

# Get your Feet Ready for all your Spring & Summer Activities

## FABULOUS FOOT CARE Workshop



**Tuesday, May 11, 6:30-8 pm**  
**Jensen Health & Energy**

The amazing foot is the foundation for all movement and structure. Over the course of each day, the average pair of feet is loaded with several hundred tons of pressure and walks 18,000 steps a day which equals one thousand miles a year!

**No wonder that the feet experience more wear and tear in a lifetime than any other body part.**

**In this class you will learn how to nurture your feet, reduce pain, and avoid problems:**

- Basic Foot Massage including key acupressure points
- Care of the feet
- Hydrotherapy for relaxation
- Magic ball technique
- Daily quick exercises

**...bring a friend or practice on yourself**

**More than 80% of foot ills are self-inflicted; of those, 95% can be prevented with basic care.** Don't wait until you have problems. Take action NOW!

Learn the foot care basics and **enjoy the ability to run, hike, bike, travel, garden, visit State Fair, stroll Summer Fest, and all your warm weather activities!**

**Register @ 262-782-1616**

With pre-payment of \$20 class fee

**Jamie Durner, BodyMind Wellness Coach**  
**Jensen Health & Energy**  
**500 Elm Grove Rd, Suite 325**  
**Elm Grove, WI 53122**