

# National Foot Care Month

# JUNE

HEEL PAIN —  
SYMPTOM OF  
MODERN LIVING

If you have foot problems, seek qualified help.

The Council of the Corporation of the Town of Milton proclaims the week of June 11th, 2001 to June 15th, 2001 as "Foot Health Week in the Town of Milton"

Most Chiropodists (foot specialists) pronounced Kiropodists agree that heel pain is one of the most common foot problems for which patients seek professional advise.

It is estimated that this painful problem affects about 20 per cent of Canadians, caused by an inflammation of the feet's main support "band" and its attachment at the heel bone causing heel and arch pain. Although the heel can be painful at anytime, it is usually worse upon getting out of bed in the morning and after resting - as the main band "tightens" while resting. The "band" can also



calcify as its attachment to the heel bone - and this is what is referred to as the "spur."

The cause of the problem is thought to be, in part, modern living.

Chiropodists are primary health care practitioners

which means you can seek their advice and receive treatment without a family doctor's referral - although it may be helpful to have your family physician involved in your foot treatment. Coverage for services is provided by most health care plans.

Chiropodists treat a very wide range of foot disorders including corns, calluses, warts, orthotic management, diabetic and arthritic footwear, nail disorders, children's and adults' gait problems, etc.

This important message brought to you by these concerned Chiropodists.



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## Springers hold day camps

The Milton Springers Gymnastics Club has started registration for a one-week gymnastics day camp for girls and boys.

The recreational camps for 5 to 12-year-olds will be offered July 9 to 13 and August 20 to 24. The full-day program costs \$140 and the half-day program fee is \$90.

The Kindergarten Camp for children aged 3 to 5 years will run from July 30 to

August 3 at a cost of \$90 and from August 7 to 10 at a cost of \$72, from 9 a.m. to noon. At least four hours of gymnastic instruction is offered daily (two hours for half day) along with theme-related activities and crafts.

No previous gymnastic experience is required. For more information, call (905) 878-5030.

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