



801 E. Front Street, Traverse City, Michigan 49686

231-922-4911

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*Making longer lives, better lives.*

**\*FOR IMMEDIATE RELEASE\***

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**Subject: Foot Pain Workshop**

**Traverse City** – Feet! They carry people wherever they want to go. It is estimated the average individual will have walked around 150 million steps by the time they reach their 80<sup>th</sup> year. However, many people do not worry about their feet – that is until they begin to hurt. When someone experiences foot discomfort or pain, it's an indication that something is wrong. Foot pain can affect any part of your foot – from your Achilles tendon in the back of your heel down to your toes and anything in between. To get the right treatment, you need to know where the pain is located.

FYZICAL Therapy and Balance Centers will present a foot pain workshop on Tuesday, June 13, 3:30 p.m. at the Traverse City Senior Center, 801 E. Front Street. In the workshop participants will find out the most common ankle and foot problems. Topics will include: orthopedic problems, neuropathy, plantar fasciitis, ankle sprains, bunions, neuromas, Charcot foot, and diabetes-related issues. Participants will also learn how these conditions impact one's balance and quality of life. In addition, causes and cures, footwear, prevention and treatments will be addressed.

Presenters: Rex Holden is a Physical Therapist and co-owner of FYZICAL Therapy and Balance Centers and Beth Dole is a Clinical Exercise Physiologist and Certified Athletic Trainer.

There is no cost for the presentation, however advanced registration is required.

For more information and to register, email [dmikowski@grandtraverse.org](mailto:dmikowski@grandtraverse.org) or call 231-922-4911.

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*The Senior Center Network, part of the Grand Traverse County Parks and Recreation Department, offers diverse programs to older adults in Grand Traverse County. Thousands each year enjoy dozens of activities on a daily basis at locations in Traverse City, Acme, Fife Lake, Interlochen, and Kingsley. Business hours are Monday through Friday, from 8 a.m. to 5 p.m. For more information, call 231-922-4911, or visit [www.grandtraverse.org/scn](http://www.grandtraverse.org/scn) or our Facebook page.*