



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