



# TAKE A SEAT, LET'S TALK ABOUT YOUR FEET

**Thursday, March 15**  
**6 to 7:30 p.m.**

**UPMC St. Margaret**

815 Freeport Road  
Pittsburgh, PA 15215  
Cafeteria A and B, First Floor

Join us and learn how to keep your feet healthy when you have diabetes. Michael Egan, Certified Pedorthist, will discuss what to look for when choosing shoes, when to consider orthotics inserts or insoles, and criteria for evaluating a good pair of shoes when diagnosed with diabetes.

**Free Screenings and Expert Help**

- Ask the Expert
- Free foot exam by UPMC St. Margaret Diabetes Nurse Educators
- Stylish footwear shopping tips

**UPMC St. Margaret**

Registration is required. To register, call **412-784-5162**.  
FREE parking.