

Step Into Spring: Happy, Healthy Feet



Thursday,
April 14
6:30 p.m.

Plainfield Recreation Center
482 Norwich Road, Plainfield



Enjoy LIFE is a year-long initiative to get the community involved in healthy and active behaviors.



Dr. Eric Levine, a podiatrist on the Backus Hospital Medical Staff, will discuss proper protective footwear and preventing foot problems while exercising.

Program free, but registration is required by calling (860) 889-8331, ext. 2495

Registered Dietitian Sarah Hospod will be available to answer your individual diet and nutrition questions starting at 6 p.m.

The ENJOY LIFE Project is a collaboration between The William W. Backus Hospital and the Plainfield Recreation Department

Choose wisely. Choose

Backus

backushospital.org/enjoylife