

be in the know

Sole Focus

足要焦点

Celebrating TTSH Podiatry's 30th Anniversary

MIGHTY FEET, MIGHTY STRIDES

Join our Podiatrists in celebrating 30 years of care with a series of talks and engagement sessions on caring for your feet.

Venue: Teck Ghee Community Club, #03-05

Registration Fee: \$2 per talk (inclusive of goodie bag)

9.12.2023, Saturday
10.30 am to 12.30 pm

Biomechanics Talk: Conquering Heel Pain



Speaker: Kleio Tan, Podiatrist
Don't let heel pain slow you down! Separate fact from fiction as we debunk foot myths and investigate the common causes of heel pain. The focus will be on plantar fasciitis and how to manage it effectively. Empower yourself to conquer heel pain and enjoy life to the fullest.

16.12.2023, Saturday
10.30 am to 12.30 pm

Diabetes Foot Care Talk: Safeguarding your feet



Speaker: Sheryl Phua, Podiatrist
For those living with diabetes, foot care is essential. Gain valuable insights into symptoms and potential causes of diabetes-related foot issues. Learn basic diabetes foot care strategies, including a hands-on wound care demo. Take the first step in safeguarding your feet for a healthier future.

Scan the QR code to register



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<https://go.gov.sg/tgscec1612>

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