



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEAL 'HEEL' PAIN NATURALLY

HEAL YOUR HEEL PAIN AND ENJOY LIFE AGAIN

Tuesday, September 29, 1:30 pm – FREE and open to the public
North Suburban YMCA Virtual Program [click here](#) to participate

This workshop is for you if you have pain first thing in the morning upon taking your first few steps, if you want to resume your regular workout routine without foot pain, if you want to be able to walk or run without pain, if you're ready to get back to doing the activities you used to love to do.

Expert Advice

Denise Schwartz, a licensed physical therapist, specializes in treating pain using a holistic approach to discover the root cause of pain and provide natural healing options.

In one hour you will learn

- The 3 main causes of heel and foot pain
- The #1 mistake people make with heel and foot pain
- Tips to ease foot pain and other types of pain
- How to heal naturally



A part of the NSYMCA ADULT EDUCATION SERIES

Register for this program to receive a reminder email on the day of the event by emailing Karen Brownlee at the North Suburban YMCA: kbrownlee@nsymca.org

The NSYMCA is located at 2705 Techny Road, Northbrook, IL
Check out all our virtual programs at www.nsymca.org

