

**SPECIAL OFFER**

**10 % OFF**

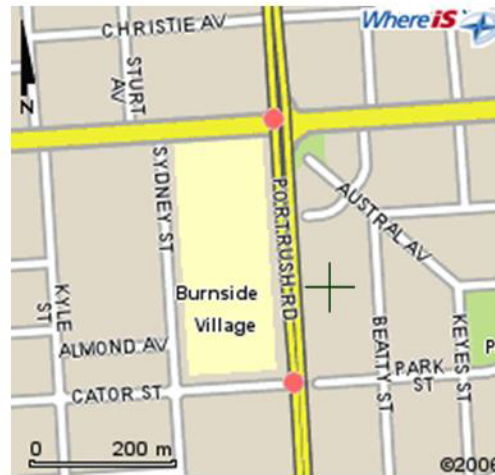
Humphrey Law Socks  
In July 2008

**At Greenhill Podiatry Centre**

On presentation of this  
voucher.

**Humphrey Law Health Socks:**

- Shaped to your foot
- No tight elastic to restrict circulation
- Cotton or wool fibres
- Women's, regular & King sizes



**Greenhill Podiatry Centre**

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To receive future newsletters via the internet please email us.  
You can now find us at [www.greenhillpodiatry.com.au](http://www.greenhillpodiatry.com.au)

**Opening Hours:**

Mon—Fri: 8.30 am—5pm

Thurs: 8.30 am—7 pm

For urgent, after hours podiatry problems,  
please phone 0438 591 753.

**Podiatrists:**

**Kate McManus** B App Sc (Pod) Accred. Pod

**Anne White** B Pod Accred. Pod

**Nikki Bishop** B App Sc (Pod)

**Esther Wong** B Pod



**These feet are made for walking....**

Walking is an excellent form of exercise for people of all ages and abilities. In addition to the long term benefit of prolonging life, short term benefits from walking include improved sense of well being, improved fitness, assists to control medical conditions and facilitates recovery from various ailments. A study endorsed by the APMA found that taking brisk half hour walks just 6 times a month appeared to cut the risk of death by 44%!

(ref: [www.ec-online.net/knowledge/Articles/feet.html](http://www.ec-online.net/knowledge/Articles/feet.html))

In this newsletter, Greenhill Podiatry has a few tips to help you step off on the right foot and a special discount offer for winter—see inside for more details.