



Stepping Up Your Foot Care

Free Seminar

Tuesday, Feb. 5

5:30 p.m. Presentation

6:30 p.m. Q&A

Regina Hospital
Conference Center
1175 Nininger Road
Hastings, MN

Registration requested

Call 651-404-1104 or email
maria.reis@allina.com to
register.

Free drawing and
refreshments.

Parking

Use the North Hospital Entrance on Nininger Road, or go to the patient/visitor parking and enter through the Main-Outpatient entrance (next to the emergency entrance). There will be temporary signage inside to direct you to the Regina Hospital Conference Center.

See other side for parking map



Alex Scholl, DPM
Allina Health

Our feet work hard for us every day. Whether you love to run, enjoy walking, are an athlete or have aging feet, keep your feet happy by learning more about:

- General foot care and injury prevention
- Common foot and ankle injuries
- Treatment options

From your big toe to your ankle, podiatrists specialize in diagnosing and treating conditions including:

- tendon and ligament disorders
- trauma/fracture care
- old and new foot or ankle injuries
- sports injuries
- arthritis
- bunions
- hammertoes
- painful flat or high arched feet
- heel pain
- diabetic foot related problems
- skin and nail related problems
- ankle pain or instability
- reconstructive foot/ankle surgery,
- heel pain, such as plantar fasciitis
- Achilles tendon disorder

