

SHOE CLINIC



Learn about your feet and your footwear:

- Understand natural foot motion
- Evaluate your feet
- Modify your shoes to improve function
- Discover new shoes that support your foot health

Bring up to 6 pairs of your footwear.

Date options:

Weds August 18, 6:30-8 PM – People's, 3029 SE 21st Ave.

Weds Sept 15, 6:30-8 PM – Ashiyu Foot Spa in Sellwood

Cost: \$25 in advance, \$30 at the door

Taught by Karin Edwards, Certified Rolfer, 503-230-0087.
This workshop is based on the principles of Rolwing®
and the footwear advice of podiatrist Dr. Ray McClanahan.

For info about Rolwing® Structural Integration, and additional
classes on sitting and posture: www.portlandrolfer.com

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