

Tips for healthy feet

Get to the bottom of any foot problems by using a mirror or asking for help.

Check your feet every day for cuts, redness, sores, swelling, blisters, corns, calluses, or any other change to the skin or nails.

Wash your feet every day in warm (not hot) water. Don't soak your feet. Dry your feet completely and apply lotion to the top and bottom.

Never go barefoot. Always wear shoes and socks or slippers, even inside, to avoid injury.

Wear shoes that fit well. Try on new shoes at the end of the day when your feet tend to be largest. Break in shoes slowly. Always wear socks with shoes.

Trim your toenails straight across and gently smooth any sharp edges with a nail file. Have your foot doctor (podiatrist) trim your toenails if you can't see or reach your feet.

Don't remove corns or calluses yourself, and don't use over-the-counter products to remove them.

Get your feet checked at every health care visit. Visit your foot doctor every year for a complete exam.

Keep the blood flowing. Put your feet up when you're sitting, and wiggle your toes for a few minutes several times throughout the day.

Choose feet-friendly activities. Check with your doctor about which activities are best for you and any you should avoid.

CHI St. Joseph's Health
is a member of CommonSpirit

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277375 1025

Meeting your foot care needs

Foot Care Clinics
January - December 2026
Cost: \$30

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Foot Care Clinics 2026

January 2026

Tuesday, January 6
8:15 am - 12 noon
Calvary Lutheran Church
By appointment: 237-5464

Wednesday, January 14
8:15 am - 12 noon
Summerfield Apartments
By appointment: 237-5464

Wednesday, January 21
8:15 am - 12 noon
Park Villa Apartments
By appointment: 237-5464

February 2026

Tuesday, February 3
8:15 am - 12 noon
Calvary Lutheran Church
By appointment: 237-5464

Tuesday, February 10
8:15 am - 12 noon
Calvary Lutheran Church
By appointment: 237-5464

Wednesday, February 25
8:15 am - 12 noon
Crystal Brook
By appointment: 237-5464

March 2026

Tuesday, March 3
8:15 am - 12 noon
Calvary Lutheran Church
By appointment: 237-5464

Wednesday, March 11
8:15 am - 12 noon
Summerfield Apartments
By appointment: 237-5464

Wednesday, March 18
8:15 am - 12 noon
Park Villa Apartments
By appointment: 237-5464

April 2026

Tuesday, April 7
8:15 am - 12 noon
Calvary Lutheran Church
By appointment: 237-5464

Tuesday, April 14
8:15 am - 12 noon
Calvary Lutheran Church
By appointment: 237-5464

Wednesday, April 22
8:15 am - 12 noon
Crystal Brook
By appointment: 237-5464

May 2026

Tuesday, May 5
8:15 am - 12 noon
Calvary Lutheran Church
By appointment: 237-5464

Wednesday, May 13
8:15 am - 12 noon
Summerfield Apartments
By appointment: 237-5464

Wednesday, May 20
8:15 am - 12 noon
Park Villa Apartments
By appointment: 237-5464

June 2026

Tuesday, June 2
8:15 am - 12 noon
Calvary Lutheran Church
By appointment: 237-5464

Tuesday, June 9
8:15 am - 12 noon
Calvary Lutheran Church
By appointment: 237-5464

Wednesday, June 24
8:15 am - 12 noon
Crystal Brook
By appointment: 237-5464

July 2026

Tuesday, July 7
8:15 am - 12 noon
Calvary Lutheran Church
By appointment: 237-5464

Wednesday, July 8
8:15 am - 12 noon
Summerfield Apartments
By appointment: 237-5464

Wednesday, July 15
8:15 am - 12 noon
Park Villa Apartments
By appointment: 237-5464

August 2026

Tuesday, August 4
8:15 am - 12 noon
Calvary Lutheran Church
By appointment: 237-5464

Tuesday, August 11
8:15 am - 12 noon
Calvary Lutheran Church
By appointment: 237-5464

Wednesday, August 26
8:15 am - 12 noon
Crystal Brook
By appointment: 237-5464

September 2026

Tuesday, September 1
8:15 am - 12 noon
Calvary Lutheran Church
By appointment: 237-5464

Wednesday, September 9
8:15 am - 12 noon
Summerfield Apartments
By appointment: 237-5464

Wednesday, September 16
8:15 am - 12 noon
Park Villa Apartments
By appointment: 237-5464

October 2026

Tuesday, October 6
8:15 am - 12 noon
Calvary Lutheran Church
By appointment: 237-5464

Tuesday, October 13
8:15 am - 12 noon
Calvary Lutheran Church
By appointment: 237-5464

Wednesday, October 28
8:15 am - 12 noon
Crystal Brook
By appointment: 237-5464

November 2026

Tuesday, November 3
8:15 am - 12 noon
Calvary Lutheran Church
By appointment: 237-5464

Wednesday, November 11
8:15 am - 12 noon
Summerfield Apartments
By appointment: 237-5464

Wednesday, November 18
8:15 am - 12 noon
Park Villa Apartments
By appointment: 237-5464

December 2026

Tuesday, December 1
8:15 am - 12 noon
Calvary Lutheran Church
By appointment: 237-5464

Tuesday, December 8
8:15 am - 12 noon
Calvary Lutheran Church
By appointment: 237-5464

Wednesday, December 16
8:15 am - 12 noon
Crystal Brook
By appointment: 237-5464