



**N E W P O R T**  
**ORTHOPEDIC INSTITUTE**

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## FREE SEMINAR

### **ACHING FEET**

There are more than 25 bones in the foot, so it is no wonder your feet hurt. Just normal daily activities amount to about 10,000 steps with the feet supporting a combined force equivalent to several hundred tons each day. Dr. Gerken discusses techniques for keeping your feet healthy and treating conditions like sprains, fractures, overuse injuries and heel pain.

Featured speaker is Andrew Gerken, M.D.

Tuesday, July 8, 2008

6:00—7:00 p.m.

22 Corporate Plaza Drive  
Newport Beach, CA 92660

A Community Education Program  
Hoag Hospital  
“To Your Health” Series

Reservations required: 800-514-4624  
[Hoaghospital.org/information](http://Hoaghospital.org/information)