



BALANCE PROGRAM

FOOT CARE OPTIONS

NORTH BELLEVUE COMMUNITY CENTER 4063 148th Ave NE Bellevue, WA 98009 425.452.7681 ci.bellevue.wa.us/community_centers.htm	Second Tues. and second and fourth Wed. 8:30A.M.–3:30P.M. By Appointment Only \$28 per session
REDMOND SENIOR CENTER 8703 160th Ave NE Redmond, WA 98052 425.556.2314 redmond.gov/ParksRecreation/50plus	<p>Our foot care provider, Michael Methe is a nurse and has been trained by a podiatrist. Foot care is provided on Mondays. Call the RSC at 425.556.2314 for more information.</p> <p>Each participant receives a foot assessment, trimming and debridement of toenails and calluses, and treatment for minor foot ailments. Instructions are also provided to help the participant have more comfortable, healthy feet. Referrals for further foot care will be given as needed.</p> <p>A newly sterilized set of tools is used for each participant, and proper infection control methods will be followed. This service does not include soaking.</p> <p>Prior registration and appointment required. The fee is \$30 paid at the time of registration; date information is in Encore!</p>
ISSAQUAH VALLEY SENIOR CENTER 75 NE Creek Way Issaquah, WA 98027 425.392.2381 issaquahseniorcenter.org	Clinics are held two days each month (always a Friday and Saturday) and are given by Dr. Julia Overstreet, podiatrist, with a team of registered nurses. Fee is \$25 per person. Call to schedule an appointment at 425.392.2381.
PETER KIRK SENIOR CENTER 352 Kirkland Ave Kirkland, WA 98033 425.587.3360 ci.kirkland.wa.us	Foot care services are provided by nurse to trim toe nails for \$25 and a blood pressure check for only \$2, on Wednesdays from 9 A.M.-3 P.M. Appointments required. For more information call 425.587.3360.



BALANCE PROGRAM

FOOT CARE OPTIONS

<p>MERCER ISLAND PARKS & RECREATION DEPARTMENT 8236 SE 24th St Mercer Island, WA 98040 206.275.7895, prompt #3 (voicemail number) mercergov.org/parks</p>	<p>For foot care appointments, cancellations and question, please call 206-275-7895, prompt #3. This is a voicemail number. Please leave your name, phone number and message. The clinic volunteer will return your call on the next Tuesday that the clinic is open. Appointments are required. Please bring your own towel.</p> <p>\$30/visit Resident \$35/visit Non-Resident Clinician: Tina Williams, R.N.</p>
<p>NORTHSHORE SENIOR CENTER 10201 E Riverside Dr Bothell WA 98011 425.487.2441 northshoreseniorcenter.org/</p>	<p>The medical foot care program is geared toward those individuals who have limited agility and those to whom infection poses a special risk: those who have diabetes, poor circulation or suppressed immune system.</p> <p>Every Tuesday and first and third Fridays. Call for appointments: 425.286.1043 Cost: \$25 per session.</p>
<p>LYNNWOOD SENIOR CENTER 19000 44th Ave W Lynnwood, WA, 98036 425.670.5050 ci.lynnwood.wa.us/PlayLynnwood/Facilities/Seniors.htm</p>	<p>30-minute appointments include a soak, a foot assessment, a nail trim and a foot massage. \$30 for community center members \$35 for non-members</p>