

Sheridan Foot Health

“ NEW PREMISES ”

Sheridan Foot Health has moved and will be opening its doors on the 29th September in newly appointed and spacious treatment rooms in **48 White Hart Lane, Portchester, PO16 9BH.**

The new clinic offers easy street access, car parking and the number 3 bus, which runs every ten minutes to the clinic area.

Sheridan Foot Health offers a friendly and professional service providing footcare for all ages either in clinic or as a home visiting service. Sheridan Foot Health provides a high quality and professional service where comfort, safety, hygiene and client confidentiality are paramount.

All services are available from:

Monday to Wednesday 9-5

Thursday 9-7

Friday 9-5

Saturday 9-1

To arrange a home visit or clinic appointment please call and speak to a member of the team on **02392 388149** or **07795 522700**

Email
diane@sheridanfoothealth.co.uk

Website
www.sheridanfoothealth.co.uk
www.facebook.com/happyhealthyfeet



I am a Registered Nurse and qualified Foot Health Practitioner.

Love Your Feet



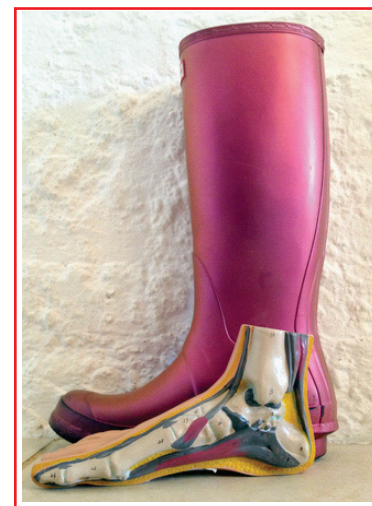
Sheridan Foot Health
Give foot problems the boot



DID YOU KNOW?

The average person takes 10,000 steps per day. That's equivalent to 115,000 miles in a lifetime, enough to walk four times around the world.

So, are you looking after your feet?



Do you have?

- Pain or discomfort of the foot, ankle, hip or lower back?
- Foot discomfort during or after sport or upon walking?
- Diabetes?
- A child with foot discomfort?
- The desire to maintain good foot health now and into older age?
- Difficulty cutting your nails?
- Thick discoloured nails?
- Hard skin on your feet or cracked heels?
- Pain in your soles and heels?
- Corns?
- Itching or redness on your feet?
- Sweaty or smelly feet?
- Pain in between your toes?

We also offer Nail reconstruction for nails affected by fungal nail or those nails which have been partially or totally removed

“New Services Coming Soon”

- Beauty treatments for feet and hands including: Finger and Toe Nail painting
- Gel nails • Medi pedis (treatment incorporating ; foot spa, foot health treatment and varnished polish finish)
- Hot wax therapy (for softening and treatment of hard skin on hands and feet) • Body Massage

What's next?

Make foot complaints a thing of the past. If you suffer with any of the above, you may need expert advice.

For an appointment at a convenient time in the comfort of your own home or in clinic at 48 White Hart Lane, Portchester. PO16 9BH Please contact:

Diane Sheridan RGN, MCFHP, MAFHP

Foot Health Practitioner

t: 02392 388149 **m:** 07795 522700

e: diane@sheridanfoothealth.co.uk **w:** www.sheridanfoothealth.co.uk

f www.facebook.com/happyhealthyfeet

The first consultation includes a free foot health check and vascular assessment of your feet



You're only a few steps away from healthy, happy feet.