



Footwear courtesy of:

SAUCONY

**Q: WHY DID THE
ROOSTER CROSS
THE ROAD?**

**A: BECAUSE
HE COULD.**

Podiatrists Keep Canada Walking.

People (and roosters) who walk decrease risks of heart disease, stroke, diabetes, obesity, circulatory problems and many other sicknesses. Walkers live longer and benefit socially, mentally and spiritually. Visit www.cfpm.ca. Don't be a chicken. Walk into your Podiatrist's office today.

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