

Did you know that the foot and ankle account for 25% of all athletic injuries?

# EXERCISE EDUCATION: STAY ON YOUR FEET

Join Dr. Brian Reade, a board-certified foot, reconstructive rearfoot and ankle surgeon, for a presentation on different techniques for preventing and treating common foot and ankle injuries that can occur during your workout routine.



**TUESDAY, JUNE 4 • 6:30 P.M.**

**OADC POUGHKEEPSIE OFFICE**

**1910 SOUTH ROAD • POUGHKEEPSIE, NY 12601**

Register online at <http://bit.ly/mslcevents>  
or call (845) 784-3849.

- Plantar Fasciitis
- Achilles Tendon
- Sesamoiditis
- Morton's Neuroma
- Stress Fractures
- Shin Splints
- Ankle Sprains

PRESENTED BY



**DR. BRIAN READE**

Board Certified  
Foot, Reconstructive  
Rearfoot & Ankle Surgery

[WWW.MONTEFIORESLC.ORG](http://WWW.MONTEFIORESLC.ORG)



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