

Good shoes



keep us stronger

Wearing good shoes that fit well is important to protect your feet, especially for our mob living with diabetes.



Our mob have been leaving healthy footprints on Country forever, but we still gotta look after our feet. These are ways we can keep our feet healthy...



Good shoes like these can protect our feet from getting hurt

It's good to wear socks with our shoes

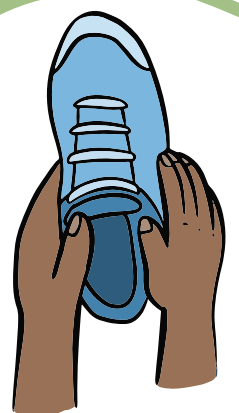


Like walking on sharp things



OUCH!

Check there is nothing in your shoes before you put them on



And when it's hot you might wear good sandals like these



But we have to watch our shoes don't rub our feet and make sores



You might not wear shoes for Cultural business or connecting to Country, and that's ok



Call podiatry mob or your health service if you have any worries about your feet or footwear