

# LOOKING AFTER FEET

**Our mob have been leaving healthy footprints on Country forever, but we still gotta look after our feet**



It's good to wash them everyday



It's good to dry our feet and check for any cuts or sore spots



It's good to wear shoes and protect our feet



And it's good to do to the foot doctor if we have problems with long toenails, hard skin, or sores on our feet

