



CLEAN FEET WELLNESS PROGRAM

We promote foot hygiene awareness and provide practical education and training to help people of all ages maintain clean, healthy feet.



WHO WE SERVE



ADULTS 40-90
Who have difficulty reaching or cleaning their feet.



SENIORS 60-80
Who need assistance maintaining regular foot hygiene.



YOUNG ADULTS 18-40
Who want to learn healthy foot-care habits for life.



20-POINT CLEAN FEET CHECKLIST

1. **Check** your feet regularly.
2. **Wash** your feet daily with gentle soap.
3. **Clean** between your toes.
4. **Dry** your feet completely.
5. **Keep** toenails clean and maintained.
6. **Moisturize** dry skin (avoid between toes).
7. **Wear** clean socks every day.
8. **Choose** comfortable, supportive footwear.
9. **Give** your feet a daily check.
10. **Don't** ignore persistent discomfort.
11. **Keep** foot-care supplies clean.
12. **Don't** share personal foot tools.
13. **Use** adaptive tools if flexibility is limited.
14. **Ask** for assistance when needed.
15. **Create** a regular foot-care routine.
16. **Learn** proper foot-care techniques.
17. **Know** when to seek professional advice.
18. **Encourage** healthy habits early.
19. **Support** loved ones who need help.
20. **Make** clean feet part of your wellness routine.



THE BENEFITS OF GOOD FOOT HYGIENE

- ✓ Helps reduce odor, bacteria & infections
- ✓ Supports overall health and well-being
- ✓ Improves comfort and mobility
- ✓ Promotes confidence and quality of life
- ✓ Prevents common foot problems



WE MAKE FOOT CARE **EASIER, SAFER & PART OF EVERYDAY WELLNESS.**

APPLY TODAY!



BECOME A CLEAN FEET HEALTHNICIAN

Training • Education • Purpose • Impact

Help others. Build a rewarding career.
Make a difference.



Download My App

LEARN MORE. GET TRAINED. MAKE AN IMPACT.



Visit us online anytime!

www.CleanMyFeet.com



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Proudly serving communities across the USA



MAKING CLEAN FEET WELLNESS KNOWN AND AVAILABLE TO ALL THE PEOPLE OF THE WORLD.