



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



Limited Mobility
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.

COMMUNITY ORGANIZER



BECOME A CLEAN FEET HEALTHNICIAN

Training • Education • Purpose • Impact

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



SCAN ME!

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.