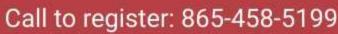
## How to manage Plantar Fasciitis

## Wed., Oct. 11 10-11 AM

Plantar Fasciitis: inflammation of the dense fibrous band of tissue of the sole of the foot that is marked especially by heel or arch pain.







Held at the Public Library at Tellico Village

