



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

PLANTAR FASCIITIS

Munch and Learn

Social Connection



**Jeannie
McConnell-Copploe
Pinnacle Health Concepts**

**Speaker: Jeannie McConnell-Copploe
Pinnacle Health Concepts**

Topic: Plantar fasciitis (PLAN-tur fas-e-l-tis) is one of the most common causes of heel pain. It involves inflammation of a thick band of tissue that runs across the bottom of your foot and connects your heel bone to your toes.



**CENTRAL YMCA
Youth Lobby
Join us on
Wednesday, October 17, 2018
10:00 a.m.**