



**Call your foot doctor
to make an appointment**



Special Olympics **Fit Feet**



Special Olympics
Fit Feet



1325 G Street, N.W., Suite 500
Washington, DC 20005

www.specialolympics.org

mon	tues	wed	thurs	fri	sat	sun
						X
						X
						X
						X



Cut your nails once a week



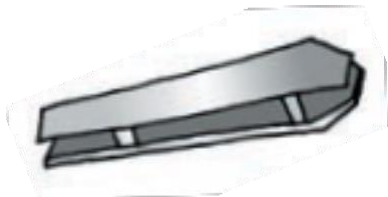
When you are using clippers:



Wash nails with soap and water



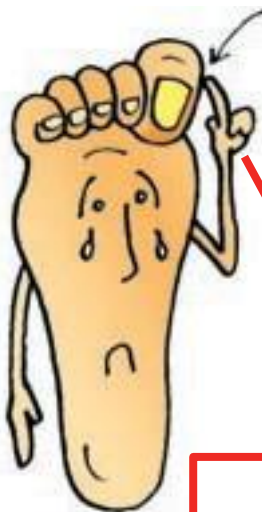
Use scissors or clippers



Cut nails straight across



If your nail is discolored or thick...



Do not pick at your toenails with your fingers



Do not cut them rounded

