



# HOW TO CHOOSE YOUR SHOES

December 7<sup>th</sup> at 6:30pm

Use the link below to register for FREE!  
<https://forms.gle/M6GeAA786jH6zrsR7>

## What can your shoes do for you?

Proper shoe wear can either facilitate or hinder health and performance. There are an overwhelming number of different shoes and shoe types out there. We will discuss how to navigate selecting your next shoe; identifying key characteristics to look for in a shoe based on your medical history and foot position. From rockers to heels, Zach will discuss the impact your shoe choice can have on the rest of your body.

## Tennis Center At Sand Point



Zach Dochnahl, PT, DPT, CSCS

This informational talk will be held over Zoom!

[www.tenniscentersandpoint.com](http://www.tenniscentersandpoint.com)

[www.peaksportsandspinept.com](http://www.peaksportsandspinept.com)