Illinois Health and Hospital Association

Healthy feet are essential to daily life and, with age, become even more crucial to staying mobile, active and safe. Common foot issues such as heel pain, warts, ankle instability, plantar fasciitis or bunions can make activity difficult. Other foot conditions like joint stiffness, tingling or numbness, and swelling could be signs of disease.

Wabash General Hospital in Mount Carmel promotes foot health in the community through its annual Free Foot Care Clinic. This year's three-day clinic provided 220 individuals with foot washing, toenail trimming and personalized referrals for additional care —key components of foot care all at no cost.

The hospital noted that the event offers "compassionate care and essential support to community members in need." Those participating in the clinic also walked away with a new pair of high-quality shoes, including Brooks and On Cloud, as well as a pair of socks. Donations from the Wabash General Hospital Foundation and hospital employees made this possible.

"In an inspiring show of support, Wabash General Hospital employees themselves contributed over $9,000 toward this year's effort—a true testament to their commitment to patients, not only through their time and expertise, but also through financial generosity," the hospital said.

The hospital partners with Ultimate Fit, a local shoe store, to ensure every clinic participant receives shoes from top-tier brands, offering not just comfort, but dignity and long-lasting support.

With continued support and growing community involvement, the Free Foot Care Clinic is poised to serve even more individuals in the years to come.