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Pilates & Wellness for Life!

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FOR IMMEDIATE RELEASE

NEWS RELEASE

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Reducing Foot Pain and Improving Wichitans' Wellness from the Ground Up

FREE Foot-Care Clinics Help Attendees Improve Their Health While Giving Back to the Community

WICHITA, KS (May 12, 2010) – As a result of the popularity of the first free foot-care clinic in April, Pilates and foot-fitness expert Aliesa George is offering two more FREE Foot-Care Clinics for Runners & Walkers on Friday, May 21, 2010 at the Sedgwick County Extension Center in Wichita, KS. The first session will run from noon to 1:00 p.m. and the second session from 6:30 p.m. to 7:30 p.m. These clinics are for people of all ages and fitness levels. Participants will discover simple and effective tips about how specific foot-care exercises can help alleviate foot pain and reduce risk of injury.

“Good health starts from the ground up! It is essential to create an exercise program specifically to improve foot fitness and the subtle muscle imbalances that start at our feet and affect our posture and health,” says Aliesa George, the sponsor and presenter of these free Foot-Care Clinics. “I was thrilled with the results of the clinic in April and look forward to even greater success for these two additional Foot-Care Clinics on May 21st! No one should have to live with foot pain! I look forward to helping as many people as I can and giving back to the community along the way. This is a free clinic, but a \$5 to \$10 donation to help children with special needs at Heartspring will be gratefully accepted at the door. The first foot care clinic in April raised \$100 in donations. My personal goal is that these two events will raise an additional \$500 for Heartspring,” says George.

The Sedgwick County Extension Center is located at 7001 W. 21st N. in Wichita, KS. Registration information and event details are available at <http://centerworks.com/footcare>

About Aliesa George

Pilates and foot fitness expert Aliesa George, founder of *Centerworks*® - *Pilates and Wellness for Life!*, shares the message that good health is vital for success, health, and happiness. She is a high-energy, engaging and dynamic presenter and wellness professional who has been sharing her passion and expertise for more than 25 years. Aliesa has authored many Pilates workout and wellness resources including *Fantastic Feet! Exercises to Strengthen the Ankles, Arches, and Toes*, and has been featured in numerous publications including the Canadian National Post, WebMD, and *Pilates Style Magazine*.

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