UNIVERSITY OF MICHIGAN HEALTH
MICHIGAN MEDICINE

STEPPING INTO HEALTHY AGING

A Special Presentation on Foot Health & Vitality

WEDNESDAY, NOVEMBER 18, 2026 2:15 PM	YPSILANTI SENIOR CENTER 1015 N Congress St. Ypsilanti, MI

Your feet are the foundation of your independence. Learn how proper podiatric care and simple daily habits can keep you moving comfortably and safely through your senior years.

MEET YOUR PRESENTERS



Dr. Alton Johnson, DPM

Clinical Assistant Professor
Department of Orthopaedic Surgery
University of Michigan Medical School



Dr. Brennen O'Dell, DPM

Clinical Assistant Professor
Department of Orthopaedic Surgery
University of Michigan Medical School

WHAT YOU'LL LEARN

Foot Changes in the Aging Adult	Appropriate Footwear Selection	Basic Foot & Skin Care
What changes are normal, how feet evolve over time, and signs that require medical attention.	How to choose shoes for comfort, support, stability, and fall prevention.	Practical strategies for moisturizing, safe nail care, circulation, and healthy skin.

NO RSVP NECESSARY • ALL ARE WELCOME!

Comprehensive Wound Care Clinic • Ypsilanti Health Center • University of Michigan Health

Appointments 734-936-9795