



Podiatry News & Clues

Joseph C. Taub, DPM PA

3515 SE Willoughby Blvd

Stuart, FL 34994

(772) 283-3800

www.drtaubfootandwound.com



Happy Ja'NEW'ary!

2014



Thank You to all of you who donated Toys to our **"Toys for Tots"** Reason For The Season message of hope to our less fortunate youngsters.

To see pictures visit our "Events" page on our website.

Fun FOOT Fact: The Average FOOT gets TWO sizes LONGER when a person Stands UP!

The number one **New Year's Resolution** for 2014 is to **GET Healthy** and **GET in Shape**. This can require changes in your eating habits but mainly having an exercise routine. It's common to become discouraged because your feet may experience pain from such a routine. But don't let it get you down! If you experience this pain call our office immediately and ask about our Orthotic Devices.

~~~~~QUOTE OF THE DAY~~~~~

Let your Dreams be bigger than your fears, your actions louder than your words, and your faith stronger than your feelings.

