



Podiatry News & Clues

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Happy Ja'NEW'ary! 2016



We want to say Thank You to everyone who patronized our office in 2015. It's an honor that you offer your trust and confidence in the medical care we provide. We want to wish you a Happy and Healthy 2016.

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

The number one **New Year's Resolution** for 2016 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 different treatments we provide.

See all our educational videos on our website.

~~~~~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.

