

# FEBRUARY 2020 FOOTNOTES

"Keeping you on your toes!"



Find Us On:



## About Us:

Dr. Dailey provides comprehensive treatment options for a wide range of foot and ankle conditions. Most foot problems and pain can be addressed from the comfort of our office.

## Tip-py Toes:

Is your New Year's resolution to get up and get moving more?

Here are some tips to get the most out of your walk.

- ~ Just 30 minutes every day can increase cardiovascular fitness, strengthen bones, and much more!
- ~ Swing your arms when walking.
- ~ Be sure to wear appropriate and properly fitted shoes.
- ~ Drink lots of water after your walk.

## In Our Community:

4th Annual Freeland Scholarship Dinner Raffle  
February 20, 2020 at the Horizons  
Conference Center  
[FreelandCommunityChamber.com](http://FreelandCommunityChamber.com)



## Deal of the Month:

15% Off Urea Care (ends 2/28)

Urea Care is an intensive skin therapy cream that provides immediate relief from dry, rough, and calloused skin.

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