

JULY 2020

FOOTNOTES

"Keeping you on your toes!"

FREELAND

Foot & Ankle

CLINIC

Find Us On:



About Us:

Foot & Ankle education literature is right at your fingertips! The Freeland Foot & Ankle Clinic blog by Dr. Dailey comes out once a month and can be accessed on our website. Topics range from "Am I buying the right gym shoe for my child?" to "Do I need surgery for my bunion?" Find answers to many questions on the FFAC blog...for you or someone you know!



Tip-py Toes:

Running shoes!

- ~ Always try the shoes on.
- ~ Research what style is best for your type of foot.
- ~ Have your feet measured for the correct size.
- ~ "Break in" your shoes before going on a long run.

VIRTUAL 5K!

Community:

FFAC is hosting our first ever Virtual 5K!!!

Start date: July 24th **End date:** July 31st

Location: Any route that adds up to 5K (3.1 miles). It can include a treadmill, neighborhood streets, nature trail, etc.

Rules: Must like our Facebook page, Must complete the 5K using an app tracker (MapMyRun, RunKeeper, etc.), Must message the FFAC Facebook page with a screenshot of your 5K completed before July 31st, 2020.

All participants will receive a gift!

Questions: Call or message us on Facebook



Deal of the Month

SteriShoe+ is 10% for the month of July!

SteriShoe uses the power of ultraviolet (UV) light to kill the infection causing germs that live inside shoes.

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