

JUNE 2020

FOOT NOTES

"Keeping you on your toes!"

FREELAND

Foot & Ankle

CLINIC

Find Us On:



About Us:

Laura G., an FFAC Medical Assistant and a true shining star! If you have seen Laura in the office, then you have seen her infectious smile. Laura has her Bachelor's Degree in cellular, molecular, and development biology. When Laura is not attending a UofM football game, she enjoys reading, camping, watching baseball, and walking her dog.

Tip-py Toes:

Are your feet summer ready? How to deal with hard or cracking heels.

- ~ Apply Urea Care daily (available for purchase in our office).
- ~ Keep your feet moisturized, especially at night.
 - ~ Exfoliate your feet regularly.
- ~ Use a "gentle" soap when washing your feet.
- ~ For major cracking or hard, painful heels, call to make an appointment.

Community:

Midland and all areas affected by the flood are in need of help. If you would like to contribute, here is a list of websites and locations accepting donations.

- ~ MidlandRelief.com
- ~ FindTheHelpers.us/michigan-flood-relief
- ~ UnitedWayMidland.org
- ~ Facebook.com/crisisresponse



Deal of the Month

Pure Stride Orthotics 15% off

Pure Stride Orthotic inserts provide support where the foot needs it most. The state-of-the-art design combats the source of heel & arch pain while ensuring comfort and providing relief.

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