MAY 2020



"Leeping you on your toes!"



## Find Us On:





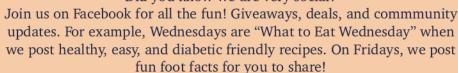








Did you know we are very social?





We also have Instagram full of fun photos, Pinterest for all the creative foot crafts and helpful exercises, and YouTube, where our one and only Dr. Dailey stars in informational videos!

## Tip-py Toes:

Home in slippers all day?

The importance of wearing shoes, even if you are "just at home"

- ~ We tend to lose our balance, leading to injuries and falls without footwear.
  - ~ Back problems and knee problems are common issues that can result from wearing inadequate footwear.
- ~ Without proper support, you can weaken your foot structure and cause heel pain.





Deal of the Month Pure Stride Orthotics 15% off for the month of May!