

MAY 2020

# FOOTNOTES

"Keeping you on your toes!"

FREELAND

**Foot & Ankle**

CLINIC

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## About Us:

Did you know we are very social?

Join us on Facebook for all the fun! Giveaways, deals, and community updates. For example, Wednesdays are "What to Eat Wednesday" when we post healthy, easy, and diabetic friendly recipes. On Fridays, we post fun foot facts for you to share!

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!**

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