

- Summer Travel Tips
- Flip-Flops vs. Sandals
- 3 Common Foot Issues in Children
- Why Are My Feet Swelling in the Heat? • Recipe of the Season: Peach, Tomato & Corn Arugula Pasta Salad
- What's Happening This Season

**FEATURED ARTICLES** 

Flip-Flops vs. Sandals

# When summer arrives, so does the urge to ditch socks



and slip into something breezier. For many, that means reaching for a pair of flip-flops or sandals. But while both options help keep feet cool, not all summer footwear is created equal, especially when it comes to foot health. **Click Here to Read More** 

### Summer is the season of adventure, whether you're

**Summer Travel Tips** 

catching a flight or hitting the road. Amid the excitement of planning outfits, packing bags, and crafting itineraries, there's one vital part of your body that often gets overlooked: your feet.

Click Here to Read More



### Children are constantly growing and developing, and their feet are no exception! However, many parents overlook



early foot problems, thinking kids will "grow out of it." In reality, untreated foot issues in childhood can lead to longterm discomfort and mobility challenges. **Click Here to Read More** 

Why Are My Feet Swelling in the Heat?

# with the rise in temperatures often comes an

uncomfortable side effect: swollen feet and ankles. While this may seem like a minor inconvenience, persistent or painful swelling shouldn't be ignored. Click Here to Read More

Summertime means longer days and fun in the sun, but



DR. KARAN MALANI

DR. W. DREW CHAPMAN









DR. ROBERT BELLO DPM, FACFAS, DABPS



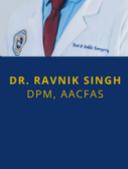




DR. JOE ALTEPETER











**INTERESTING DATES** 

11

18

Sun

15

29

13

(20)

14

21

28

15

22

Mon

16

10

17

Recipe courtesy of ambitiouskitchen.com

### JUNE Tue Wed Thu Fri Sat **14** National Flag Day

14

21

13

20

19

15 Father's Day

19 Juneteenth Day

20 Summer Solstice

WHAT'S HAPPENING IN JUNE & JULY

CLICK HERE FOR THE FULL RECIPE

### 23 24 27 28 25 30 **JULY** Wed Mon Tue Thu Fri Sat Sun 4 1 2 3 5 8 10 (11) 12

4	Independence Day
7	Global Forgiveness Day
11	All American Pet Photo Day
20	National Ice Cream Day
25	National Hire A Veteran Day

## 29 30

16

23

17

24

31

18

(25)

19

26

sports car was born, kicking off a legacy of speed and style.

HISTORICAL FACTS	
*	<b>June 13, 1966 – Miranda Rights Established:</b> In Miranda v. Arizona, the U.S. Supreme Court ruled that police must inform suspects of their rights — a landmark moment in criminal justice.
*	June 20, 1893 – First Ever Ferris Wheel Debuts: The original Ferris Wheel opened at the Chicago World's Fair, bringing delight to millions and launching a beloved amusement

tradition.

culture phenomenon.

July 5, 1994 – Amazon Founded - Jeff Bezos officially incorporates Amazon.com in Washington state. It begins as a humble online bookstore and revolutionizes shopping forever. July 12, 1970 – First "Pet Rock" Prototype Created - An ad executive jokingly invents the Pet Rock. It becomes a short-lived but wildly successful U.S. novelty toy and pop

official zoo in the United States helping foster love and education about wildlife.

June 30, 1953 – First Corvette Rolls Off the Assembly Line: The iconic American

July 1, 1874 – First U.S. Zoo Opens - The Philadelphia Zoo opens to the public. The first

Sign Up to receive your FREE Book offer of All About Heel Pain!

Sign Up

July 25, 1978 – First U.S. IVF Baby Born - Following a global breakthrough, the first American "test-tube baby" is born, bringing hope to families struggling with infertility.

All About Heel Pain! Your Guide to Heel Pain Its Causes and Remedies

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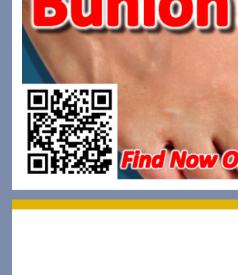
530 SE 16th Place

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Fast RecoveryNo Pain!



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730 Goodlette Rd

**FFLC Estero** 

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Estero, FL 33928

Directions

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