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Spring/Summer 2025

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FAMILY FOOT & LEG CENTER

SAME DAY / NEXT DAY APPOINTMENTS

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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.

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Summer Travel Tips

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

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3 Common Foot Issues in Children




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 long-term discomfort and mobility challenges.

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Why Are My Feet Swelling in the Heat?

Summertime means longer days and fun in the sun, but 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.

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MEET OUR DOCTORS



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HAPPY INDEPENDENCE DAY

RECIPE OF THE SEASON

PEACH, TOMATO & CORN ARUGULA PASTA SALAD



CLICK HERE FOR THE FULL RECIPE

Recipe courtesy of [ambitiouskitchen.com](#)

WHAT'S HAPPENING IN JUNE & JULY

INTERESTING DATES

JUNE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

14 National Flag Day

15 Father's Day

19 Juneteenth Day

20 Summer Solstice

JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

4 Independence Day

7 Global Forgiveness Day

11 All American Pet Photo Day

20 National Ice Cream Day

25 National Hire A Veteran Day

HISTORICAL FACTS

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June 13, 1966 – **Miranda Rights Established:** 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.

★

June 30, 1953 – **First Corvette Rolls Off the Assembly Line:** The iconic American sports car was born, kicking off a legacy of speed and style.

★

July 1, 1874 – **First U.S. Zoo Opens** - The Philadelphia Zoo opens to the public. The first official zoo in the United States helping foster love and education about wildlife.

★

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 culture phenomenon.

★

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.

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



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730 Goodlette Rd
Suite 102
Naples, FL 34102
Directions

FFLC East / Marco
Mustang Center
12250 Tamiami Trail East
Suite 101
Naples, FL 34113
Directions

FFLC North
840 111th Avenue North
Suite 3
Naples, FL 34108
Directions

Lee County

FFLC Estero
21401 Corkscrew
Village Lane Suite 4
Estero, FL 33928
Directions

FFLC Fort Myers
6846 International Blvd
Suite B
Fort Myers, FL 33912
Directions

FFLC Fort Myers Colonial
1645 Colonial Blvd
Fort Myers, FL 33907
Directions

FFLC Cape Coral
530 SE 16th Place
Suite A
Cape Coral, FL 33990
Directions

Charlotte County

FFLC Port Charlotte
3161 Harbor Blvd
Suite B
Port Charlotte, FL 33952
Directions

Sarasota County

FFLC Sarasota
3110 Fruitville Commons Blvd
Suite 102
Sarasota, FL 34240
Directions

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MARKETING