

IN THIS ISSUE

- Foot Care During Thanksgiving Travel
- Managing Holiday Foot Pain • Smart Holiday Gift Ideas for Foot Health
- Recipes of the Season: Gingerbread Cookies & Gourmet Hot Cocoa
- What's Happening This Season

FEATURED ARTICLES

Foot Care During Thanksgiving Travel

The holiday season is fast approaching, and for many families, that means hitting the road or catching a flight to celebrate Thanksgiving together. However, with travel comes the potential for an unwanted guest this holiday season: foot issues. While traveling brings excitement, it can also take a toll on your feet.

Click Here to Read More



The holiday season is full of shopping, gatherings, and



celebrations, but all the fun activities can really take a toll on your feet. Long hours standing in lines, walking through stores, or preparing for events often lead to sore heels and aching arches.

Click Here to Read More

Smart Holiday Gift Ideas for Foot Health

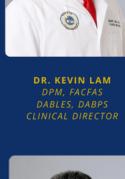
If you're looking for thoughtful, practical gifts this holiday season, why not give the gift of comfort? Our feet work hard every day, and a little extra care can go a long way, especially during the busy, cold winter months!

Click Here to Read More



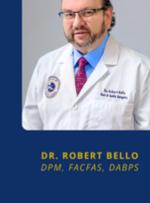






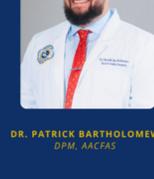












Read More Here









GOURMET





11 Veterans Day

27 Thanksgiving

28 Black Friday

21 Winter Solstice

25 Christmas Day

31 New Year's Eve

26 Kwanzaa

December 13, 1937 – Disney's Snow White and the Seven Dwarfs premiered in Los

America's space exploration, leading to decades of scientific discovery.

Ask Doctor a Question

December 18, 1957 – First U.S. Satellite launch, The Explorer 1, marked the beginning of

December 24, 1923 – The first National Christmas Tree Lighting Ceremony in the U.S. was lit by President Calvin Coolidge, on the Ellipse, just south of the White House, as part

NOVEMBER

1 5 7 6 8

Fri

Sat

6

13

20

12

19

Angeles, the first full-length animated feature.

of a public holiday celebration.

9	10	11	12	13	14	15				
16	17	18	19	20	21	22				
23	24	25	26	27	28	29				
30										
DECEMBER										
Sun	Mon	Tue	Wed	Thu	Fri	Sat				

Sun | Mon | Tue | Wed | Thu

4

3

2

7

8

15

7 Pearl Harbor 14 Hanukkah begins

9 10 11 16 17 18

2

)									
	21	22	23	24	25	26	27			
	28	29	30	(37)						
HISTOR										
	November 27, 1924 – The first M York City, starting a beloved holid									

RICAL FACTS Macy's Thanksgiving Day Parade marched through New **December 3, 1967** – The first successful human heart transplant was performed by Dr. Christiaan Barnard in South Africa.

All About Heel Pain! Sign Up to receive your

Naples, FL 34108

Directions

FFLC Cape Coral

530 SE 16th Place

Suite A

Cape Coral, FL 33990



NO SCAR
BUNIONECTOMY

• Fast Recovery
• No Pain!

FREE Book offer of All About Heel Pain!

Sign Up



Suite 101

Naples, FL 34113

Directions

Lee County

FFLC Fort Myers

1645 Colonial Blvd

Fort Myers, FL 33907

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

Suite 102

Naples, FL 34102

Directions

Directions Directions **Charlotte County FFLC Port Charlotte** 3161 Harbor Blvd

Suite B Port Charlotte, FL 33952

Directions

3110 Fruitville Commons Blvd

Directions **Sarasota County FFLC Sarasota**

Suite 102

Sarasota, FL 34240

Directions

CONTACT US →

Click Here for more Office Information

Need more info?



Disclaimer: Content of this newsletter may not be used or reproduced without written permission of the author. This newsletter is not intended to replace the services of a doctor. No expressed or implied guarantees have been made or are made by the author or publisher. Information in this newsletter is for informational purposes only and is not a substitute for professional medical advice.

