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Fall/Winter 2025

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FAMILY FOOT & LEG CENTER

SAME DAY / NEXT DAY APPOINTMENTS

(239) 430 - 3668 (FOOT)

ONLINE SELF SCHEDULING

 24HR / 7 DAYS

CLICK HERE

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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](#)



Managing Holiday Foot Pain



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!

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MEET OUR DOCTORS



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DR. SAHIBA SINGH
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Happy Holidays!

RECIPES OF THE SEASON



[Click Here for the Full Recipe](#)

Recipe courtesy of [meaningfuleats.com](#)



[Click Here for the Full Recipe](#)

Recipe courtesy of [thefedupfoodie.com](#)

WHAT'S HAPPENING THIS SEASON

INTERESTING DATES

NOVEMBER

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						

11 Veterans Day

27 Thanksgiving

28 Black Friday

DECEMBER

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			

7 Pearl Harbor

14 Hanukkah begins

21 Winter Solstice

25 Christmas Day

26 Kwanzaa

31 New Year's Eve

HISTORICAL FACTS


- ★ **November 27, 1924** – The first Macy's Thanksgiving Day Parade marched through New York City, starting a beloved holiday tradition.
- ★ **December 3, 1967** – The first successful human heart transplant was performed by Dr. Christiaan Barnard in South Africa.
- ★ **December 13, 1937** – Disney's Snow White and the Seven Dwarfs premiered in Los Angeles, the first full-length animated feature.
- ★ **December 18, 1957** – First U.S. Satellite launch, The Explorer 1, marked the beginning of America's space exploration, leading to decades of scientific discovery.
- ★ **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 of a public holiday celebration.

[Visit our Patient Portal](#)

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



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FREE Book offer of All About Heel Pain!

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Bunion?



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- No Pain!

Our Offices

Central Scheduling
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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
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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