



## Sol Foot & Ankle Centers April 2025 Newsletter

### April is National Foot Health Awareness Month!

Spring is here, and it's the perfect time to give your feet the attention they deserve! April is National Foot Health Awareness Month, and we're here to help you put your best foot forward. Read on for expert tips, exciting events, and special promotions to keep your feet happy and healthy.

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**Healthy Feet, Healthy You!** Your feet carry you through life—literally! Here are a few simple ways to keep them in top shape:

**Inspect Your Feet Daily:** Check for cuts, blisters, or changes in skin color.

**Keep Them Clean & Moisturized:** Wash daily and apply moisturizer (except between the toes!).

**Wear Supportive Shoes:** Choose footwear that provides proper arch support and cushioning.

**Trim Nails Properly:** Cut straight across to prevent ingrown toenails.

**Stay Active:** Exercise improves circulation and overall foot health.

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### Brooks Shoe Sale & Charity Donation!

All discontinued models of Brooks shoes are still on sale, so now is the perfect time to invest in supportive footwear! Plus, from now through April 15th, 10% of all shoe sales will be donated to the Assistance League of Long Beach.

Our donation is already over \$300! Help us reach our goal of donating \$1,000—shop today and support a great cause!

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### **Common Foot Issues & How to Prevent Them**

**Plantar Fasciitis:** Stretch your calves and wear supportive shoes.

**Bunions:** Avoid tight shoes and consider orthotics.

**Athlete's Foot:** Keep feet dry and wear breathable socks.

**Heel Pain:** Don't ignore discomfort—early treatment is key!

If you're dealing with foot pain, let us help! Schedule an appointment with our specialists today.

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### **Important Dates in April**

**April 1st** – April Fool's Day (But foot health is no joke!)

**April 7th** – World Health Day

**April 15th** – Last day for 10% of shoe sales donation to Assistance League of Long Beach

**April 22nd** – Earth Day (A great time to recycle old shoes and support sustainability!)

**April 30th** – National Honesty Day (Be honest—are you taking care of your feet?)

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### **Funny Pun of the Month**

"Have you heard about the corduroy pillow? It's making headlines everywhere!"

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### **Patient Testimonial**

"I had been struggling with foot pain for years, and Sol Foot & Ankle Centers changed my life! The team is knowledgeable, kind, and truly cares about their patients. I can walk pain-free again—thank you!" – JoAnn

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### **Did You Know?**

The average person walks about 100,000 miles in a lifetime—that's like walking around the Earth four times!

Your feet have 26 bones, 33 joints, and over 100 muscles, tendons, and ligaments.

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### **Stay Connected!**

Follow us on social media for foot health tips, special offers, and more

[Schedule](#) your appointment today! or call (562) 433-0478

[www.solfoot.com](http://www.solfoot.com)

Wishing you a wonderful and healthy April!

Your Sol Foot & Ankle Centers Team

