



## Sol Foot & Ankle Centers May 2025 Newsletter

### Celebrate May with Healthy Steps Forward!

May is a month of celebration, movement, and taking care of what matters most — your health and your family.

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Here's how you can step into wellness all month long:

#### **Dance Your Way into Foot Health (Cinco de Mayo)**

Heading to a Cinco de Mayo party? Dancing is a fantastic way to stay active — just be sure to wear supportive shoes to protect your feet while you celebrate!

#### **Honor the Strong Women in Your Life (Mother's Day + Women's Health Month)**

Treat the women you love (or yourself!) to a foot check-up. Healthy feet = happy life!

#### **Move More, Hurt Less (National Physical Fitness and Sports Month)**

Regular movement helps prevent foot and ankle issues. Stretch, strengthen, and support your feet daily!

[Common Running and Sports Injuries We Treat](#)

#### **Protect Your Joints (Arthritis Awareness Month)**

If you experience stiffness, swelling, or foot pain, don't ignore it. Early care can help manage arthritis symptoms.

#### **Family First, Feet First (Family Wellness Month)**

Healthy habits start with healthy feet! Make sure

everyone in the family is wearing the right shoes for their activities. Learn about common pediatric foot problems we treat and how early care can make all the difference.

[Pediatric Foot Conditions](#)

### **Thank a Hero (Military Appreciation Month)**

We salute our military service members — strong steps start with strong support. Thank you for your service!

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### **What Our Patients Are Saying:**

*"I can't say enough good things about Sol Foot & Ankle Centers! After months of struggling with heel pain, I'm finally back to walking without discomfort. The staff is friendly, knowledgeable, and truly care about your recovery."*

– Jessica R., Long Beach

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

*"Let's taco 'bout keeping your feet happy this Cinco de Mayo — step lively and salsa your way to better foot health!"*

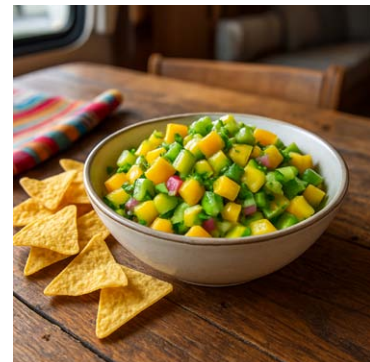
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### **Recipe of the Month: Fresh Mango Avocado Salsa**

Light, refreshing, and perfect for May gatherings!

#### **Ingredients:**

- 1 ripe mango, diced
- 1 avocado, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup cilantro, chopped
- Juice of 1 lime
- Salt and pepper to taste



**Directions:**

Gently toss all ingredients together in a bowl. Serve with grilled chicken, fish, or your favorite tortilla chips!

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**Foot Care Tip of the Month:****Check Your Shoes!**

Worn-out shoes are a leading cause of foot pain. Check your soles — if they're smooth, uneven, or thin, it's time for a new pair!

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**Ready to celebrate your health?**

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

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

Follow us on social media for more foot care tips and updates!

Wishing you a wonderful and healthy May!

Your Sol Foot & Ankle Centers Team

