

## IN THIS ISSUE

- Start the Year on the Right Foot: Resolutions for Healthier Feet in 2025
- 5 Easy Exercises to Improve Foot Strength and Flexibility
- The Diabetic Shoe Program
- Recipe of the Month: Healthy Detox Soup
- This Month in January

## Accepting New Patients

We are accepting new patients at all of our office locations! If you have a foot or ankle problem, we are here to help!

We do **TOTAL ANKLE REPLACEMENTS!**

**Book Your Appointment Today!** ➤

## Minimal Incision Bunion Correction

Ask us about the latest treatment in bunion surgery - *minimally invasive bunionectomy*.

This is a game changer for the treatment for painful bunions. Because the incisions are so small, patients undergoing this procedure are experiencing less swelling, less pain and a faster recovery.

*Get back on your feet again quickly!*

We are now offering advanced skin grafting techniques for difficult to heal wounds.

## FEATURED ARTICLES

### Start the Year on the Right Foot: Resolutions for Healthier Feet in 2025



As the new year begins, many of us make resolutions to improve our health and well-being. While fitness goals, healthier eating habits, and stress management often top the list, it's easy to overlook one of the most important parts of our body: our feet! After all, they carry us through life, day in and day out, yet they often receive little attention when it comes to self-care.

Click Here to Read More

### 5 Easy Exercises to Improve Foot Strength and Flexibility

New year, new exercise routines! Many of us are revamping our fitness goals as we step into 2025, but oftentimes, our feet are left out of the equation. Read on for five easy exercises to improve foot strength and flexibility so you can start the new year off right!

Click Here to Read More



# THE DIABETIC SHOE PROGRAM



We're happy to announce that the Diabetic Shoe Program is back in the office!

Call today to see if you qualify for a fitting- insurance may cover a portion or all of the costs.

813-788-3600



## NEW PRODUCTS

### CHECK WHAT'S NEW

CALL OUR OFFICE TO FIND OUT MORE  
(813) 788-3600 OR (813) 633-5900



## RECIPE OF THE MONTH

# Healthy Detox Soup

This easy, healthy soup recipe makes the best detox soup! It's comforting, flavorful, low carb, & loaded with healthy veggies & chicken.

### Ingredients:

- 2 tbsp olive oil
- 1 medium onion (diced)
- 3 cloves garlic (minced)
- 1 tsp fresh ginger (minced)
- 1/2 cup bell peppers (diced)
- 1 tsp italian seasoning (optional)
- 1/4 tsp red pepper flakes (optional)
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1 lbs boneless skinless chicken breasts
- 6 cups chicken broth, reduced sodium
- 1 cup broccoli (cut into florets)
- 1 cup cauliflower (cut into florets)
- 2 tbsp lemon juice

### Directions:

1. Heat the olive oil in a Dutch oven over medium-high heat.
2. Add the onion, garlic, and ginger. Sauté for 3-4 minutes until the garlic is fragrant and the onions are translucent.
3. Add the bell peppers, Italian seasoning, red pepper flakes, sea salt, and black pepper. Cook for 3 more minutes.
4. Add the chicken breasts and chicken broth. Simmer for 20 minutes.
5. Remove the chicken breasts from the pot and shred using two forks. Add the shredded chicken back to the pot.
6. Add the broccoli and cauliflower florets. Simmer for 10 more minutes, until the cauliflower and broccoli are tender.
7. Remove from heat. Stir in the lemon juice.

*Recipe Courtesy of [wholesomeyum.com](#)*



## THIS MONTH IN JANUARY

### 📅 INTERESTING DATES

JANUARY						
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	

- 1 New Year's Day
- 15 National Bagel Day
- 20 Martin Luther King Jr. Day
- 23 Measure Your Feet Day
- 28 Fun at Work Day
- 31 National Hot Chocolate Day

### 📖 HISTORICAL FACTS

- ★ **January 1, 1908:** The Times Square Ball Drop became an annual New Year's Eve tradition in New York City.
- ★ **January 2, 1929:** The United States and Canada reached an agreement on preserving Niagara Falls, ensuring its natural beauty would remain for future generations.
- ★ **January 12, 1966:** The TV series "Batman" premiered, becoming a cultural sensation with its campy fun and iconic performances.
- ★ **January 15, 1967:** The first-ever Super Bowl was played between the Green Bay Packers and Kansas City Chiefs, starting a beloved sports tradition.
- ★ **January 25, 1924:** The first Winter Olympics opened in Chamonix, France.

## MEET OUR DOCTORS



ROBERT J. VALINS, D.P.M.



MARIA B. WALSH, D.P.M.



DOMENICK A. CALISE, D.P.M.



ENDRI AFESLLARI, D.P.M.



BRET C. MUSSER, D.P.M.



SALIL DESAI, D.P.M.

Read More Here

## Connect Online

»»»

«««

»»»

«««

## Our Offices

**Zephyrhills**  
6326 Fort King Road  
Zephyrhills, FL 33542  
Phone: (813) 788-3600

**Sun City Center**  
936 Cypress Village Blvd. Suite B  
Sun City Center, FL 33573  
Phone: (813) 633-5900

**Wesley Chapel**  
2336 Creslover Lane Suite 102  
Wesley Chapel, FL 33544  
Phone: (813) 788-3600

**Apollo Beach/Riverview**  
Baycare Outpatient Center  
10141 Big Bend Road  
Suite 209  
Riverview, FL 33578  
Phone: (813) 633-5900

**Brandon**  
1162 Bell Shoals Road  
Brandon, FL 33511  
Phone: (813) 633-5900

Need more info?

CONTACT US →

Click Here for Hours

Visit Our Website

Our Patient Portal

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.