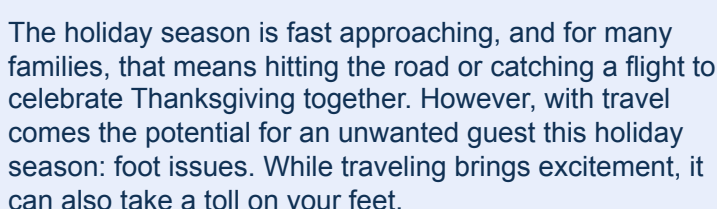


- [Foot Care During Thanksgiving Travel](#)
- [Managing Holiday Foot Pain](#)
- [Smart Holiday Gift Ideas for Foot Health](#)
- [What's Happening This Season](#)
- [Recipes of the Season: Gingerbread Cookies & Gourmet Hot Cocoa](#)

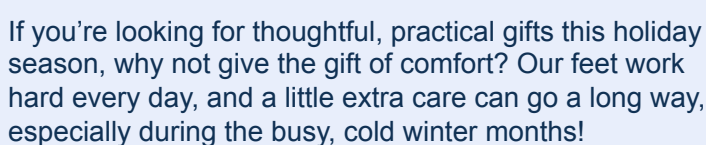
## Foot Care During Thanksgiving Travel



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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.

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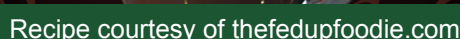
## JASMEET CHAWLA, D.P.M.



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Recipe courtesy of [meaningfuleats.com](http://meaningfuleats.com)



## INTERESTING DATES

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

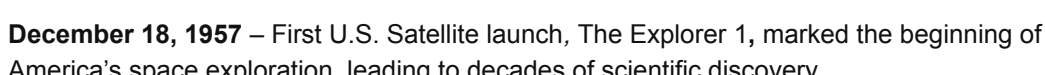
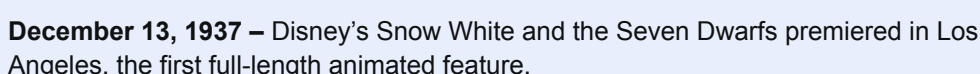
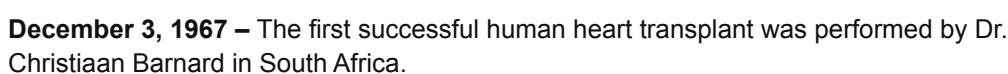
## 15 Hanukkah begins

## 21 Winter Solstice

## 25 Christmas Day

## 26 Kwanzaa

### 31 New Year's Eve



**REQUEST AN APPOINTMENT TODAY!**



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