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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



JASMEET CHAWLA, D.P.M.



BRANDON A. MACY, D.P.M.



DANNY PHAN, D.P.M.

[Read More Here](#)

NEW JERSEY'S FAVORITE KIDS' DOCS



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

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

15 Hanukkah begins

21 Winter Solstice

25 Christmas Day

26 Kwanzaa

31 New Year's Eve

HISTORICAL FACTS



December 3, 1967 – The first successful human heart transplant was performed by Dr. Christian 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.

[REQUEST AN APPOINTMENT TODAY!](#)



Clark Podiatry Center

1114 Raritan Rd
Clark, NJ 07066

Phone: 732-382-3470

Fax: 732-301-8262

Mon: 8:00am – 12:00pm; 1:30pm – 4:00pm

Tue: 10:30am – 12:30pm; 1:00pm – 4:30pm

Wed: 8:00am – 12:00pm; 1:00pm – 4:30pm

Thu: 8:00am – 12:00pm; 1:30pm – 5:00pm

Fri: 9:30am – 12:00pm

Sat / Sun: Closed

Need more info?

CONTACT US →



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