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SUMMER 2025

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FEATURED ARTICLES

Choosing School Shoes 101



When it comes to back-to-school shopping, one of the most important purchases you'll make is your child's school shoes. The right pair of shoes supports healthy foot development, prevents discomfort or injury, and can even boost your child's confidence throughout the school day.

Click Here to Read More

Do You Need Custom Orthotics?

Foot pain can throw off more than just your stride. It can mess with your posture, your energy, and your everyday routine. The good news? Custom orthotics might be the relief you've been looking for.

Click Here to Read More



MEET OUR DOCTORS



MARC A. LEDERMAN, D.P.M.



KURT W. RODE, D.P.M.

Read More Here

MEET OUR STAFF





RECIPE OF THE MONTH

CHICKEN SKEWERS

CLICK HERE FOR THE FULL RECIPE



Recipe courtesy of [tasteofhome.com](https://www.tasteofhome.com)

DON'T SUFFER IN PAIN

Whether it's a sprain, fracture or any foot injury, our skilled podiatrists are here to provide you with the highest quality care.

WE OFFER SAME DAY URGENT CARE APPOINTMENTS

CALL 860-236-2564



THIS MONTH IN AUGUST

📅 INTERESTING DATES

AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	4	5	6	7	1	2
3					8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

4 U.S Coast Guard's Birthday

7 Purple Heart Day

16 Tell a Joke Day

19 World Humanitarian Day

30 National Beach Day

📖 HISTORICAL FACTS

★ August 2, 1990 - *First Elephant Born via Artificial Insemination in U.S.*: The first successful elephant birth using artificial insemination in the U.S. occurred at the Pittsburgh Zoo, advancing conservation and animal science.

★ August 7, 1782 - *Purple Heart Established*: General George Washington created the Purple Heart, the first U.S. military decoration for merit and bravery. It later becomes a symbol of honor and sacrifice.

★ August 15, 1969 – *Woodstock Begins*: The iconic Woodstock Music Festival begins in New York. It becomes a symbol of peace, music, and counterculture, remembered fondly to this day.

★ August 28, 1963 – *“I Have a Dream” Speech Delivered*: Dr. Martin Luther King Jr. delivers his iconic speech during the March on Washington, a defining moment of hope and civil rights history.

 Book Your Appointment Today! >

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Click Here for Office Hours



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