

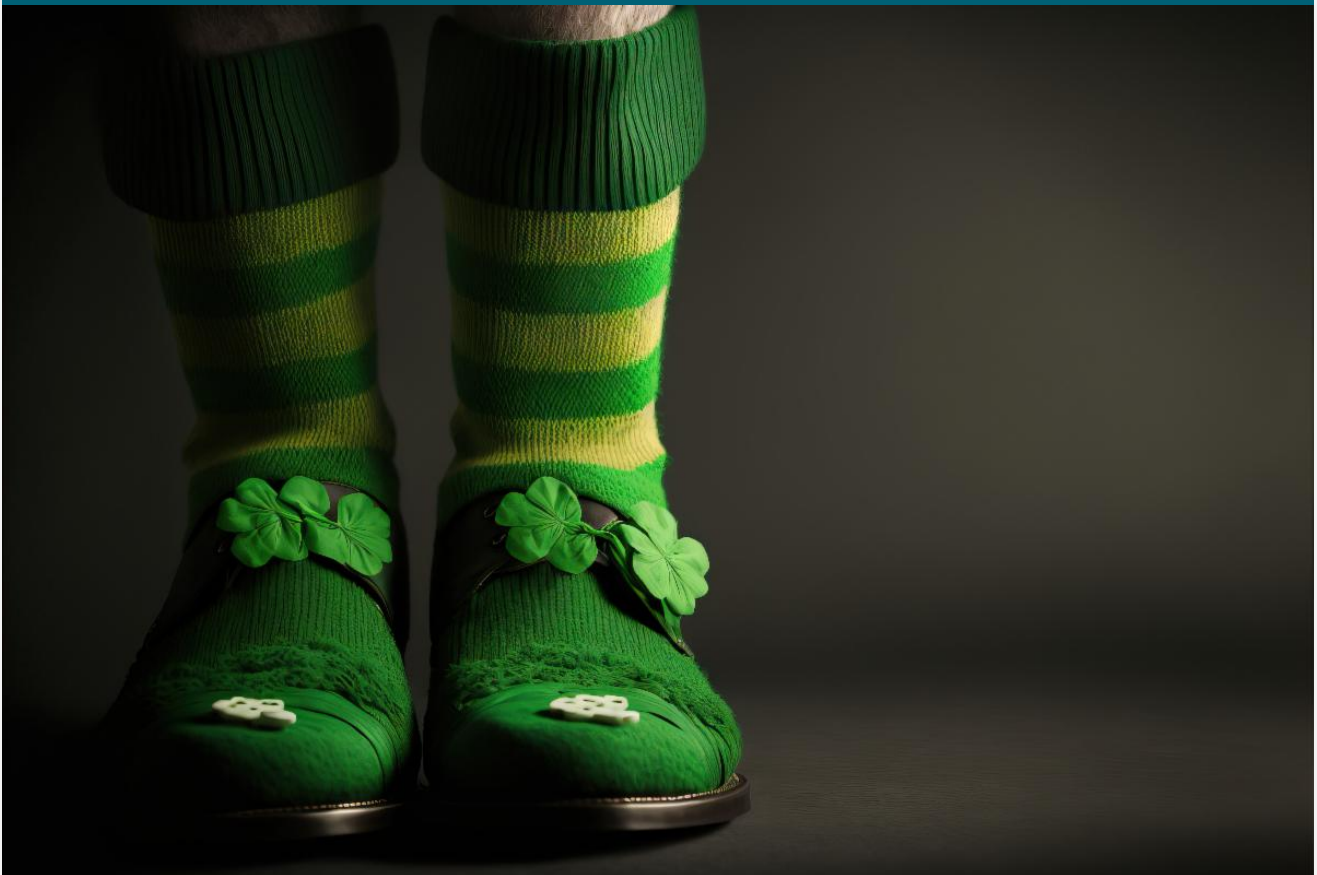


BAYSHORE

Podiatry Center

813-877-6636 • www.bayshorepodiatry.com

March Newsletter



As the luck of the Irish fills the air, we wanted to take a moment to wish you a **Happy St. Patrick's Day** from all of us at Bayshore Podiatry Center! May your day be filled with joy, laughter, and of course, healthy feet!

Our Podiatry Tips for a Spring in Your Step:

- Ditch the Winter Boots: As we bid farewell to winter, it's time to let your

feet breathe. Transition into comfortable, supportive shoes to keep your feet happy.

- **Inspect Your Shoes:** Check your footwear for signs of wear and tear. Invest in new shoes if needed to ensure proper support and prevent foot discomfort.
- **Warm-Up for Outdoor Activities:** If you're planning on partaking in outdoor activities, make sure to warm up your feet with stretches to avoid strain or injury.
- **Keep Feet Dry:** Spring showers are common. Ensure your feet stay dry to prevent fungal infections. Choose moisture-wicking socks and breathable shoes.
- **Custom Orthotics:** If you have foot pain or discomfort, consider custom orthotics for personalized support and alignment.

Special Offer:

To celebrate St. Patrick's Day and promote happy and healthy feet, we're offering a special discount on Keryflex Nail Restoration System. Just mention this newsletter when scheduling your appointment to receive \$10 off this service. This offer is limited to one \$10 discount per patient and expires on March 31st, 2024.

Fun Facts: Did You Know?

- The average person takes around 8,000 to 10,000 steps a day. Make each step count with proper foot care!
- St. Patrick, the patron saint of Ireland, is said to have used the shamrock to explain the concept of the Holy Trinity.

Schedule Your Spring Foot Check-Up:

As the season changes, it's the perfect time to ensure your feet are in top condition. Schedule your spring foot check-up today by calling 813-877-6636 or visiting our website bayshorepodiatry.com.

Wishing you a wonderful St. Patrick's Day filled with good health and happy feet!

Cheers,

The Team at Bayshore Podiatry Center

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