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Superior Foot & Ankle Care Center



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Welcome To Our August Newsletter!

Hello from the Office of Dr. Ornelas and Dr. Foley!

We hope you're enjoying the final stretch of summer and staying active in the sunshine! Whether you're spending time on your feet at the beach, hiking local trails, or just keeping up with daily life, we know



This July and August, we're excited to offer a special promotion on one of our most popular products—ExtremeRx CBD Muscle Rub. For a limited time, you can purchase 2 jars for \$100 (normally \$65 each). This all-natural, soothing rub is perfect for easing muscle aches, joint pain, and foot fatigue. Many of our patients have found it especially helpful for managing neuropathy symptoms.

In June, our doctors and office staff had the opportunity to attend our annual podiatry conference at the Disneyland Hotel. It was a fantastic weekend of learning, collaboration, and staying up to date on the latest in foot and ankle care. We're always committed to bringing the best possible care back to our patients—and maybe a little extra Disney magic, too!

As always, we're here to keep you moving comfortably and confidently. Enjoy the rest of your summer, and don't hesitate to reach out if your feet need a little extra care!

Warmly,

Dr. Ornelas & Dr. Foley

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

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DR. CONSTANCE ORNELAS





RECIPE OF THE MONTH



THIS MONTH IN AUGUST

INTERESTING DATES AUGUST

Sun Mon Tue Wed Thu Fri Sat

Sun	MOH	Tue	wea	inu	FII	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						

- 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



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

successful elephant birth using artificial insemination in the U.S. occurred at the



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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