



Coastal Podiatry
Associates

DECEMBER NEWSLETTER!



December may be one of the most stressful months of the year, and many don't realize the stress put onto their feet! Learn how to keep your feet happy and healthy with practical tips for choosing the right shoes, relieving sore feet, and avoiding discomfort

during long shopping trips and festive parties. Discover advice on using in soles, staying hydrated, and addressing warning signs of foot pain to enjoy a pain-free holiday season!

Caring for your feet is just as important as enjoying those holiday celebrations, so get in touch to schedule your appointment for the new year!

[Start 2024 off on the right foot!](#)

843-449-3668

Sweat 'N Salty Chocolate Bark



Health-friendly & festive!

Santa's cheat-free sweet treat that is just as good as it sounds!

Serve this treat at your gatherings or give it out as a great gift.

Get recipe [here!](#)



Do You Know What Your Holiday Fuzzy Socks Are Really For?

The first line of protection of your feet is a sock. Socks do much more than prevent your shoes from rubbing and blisters from forming on your feet. Read more [here!](#)

One Last Thing...

From everyone here at Coastal Podiatry Associates, we wish you a Happy Holidays and best wishes for a joyful New Year!



1-843-449-FOOT (3668)

