

# FOOTNOTES

FREELAND

## Foot & Ankle

CLINIC

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### Freeland Foot & Ankle Clinic 3rd Annual Virtual Move Your Feet 5K



Everyone is welcome!

Our virtual 5K was created to encourage the community to move their feet & maintain healthy living. The walk/run is free to participate in. It's very simple to participate.



### You have a week to complete the 5K

1. Track your 3.1 miles using an app or track your route manually.
2. Send us a Facebook message with a screenshot from your app or call us with that route.

Every participant receives a gift!

## July 25th- 31st, 2022

Participate independently or complete your 5K walking with

Dr. Dailey and the FFAC team

on Thursday, July 28th at Freeland SportsZone at 3:30 pm.

Meeting at the pavilion. 5690 Midland Rd, Freeland MI

Call our office to register your family!

7305 Midland Road, Suite #2 - Freeland, MI 48623  
(989) 695-6788 - [freelandfoot.com](http://freelandfoot.com)

# JULY 2022 FOOT NOTES

"Keeping you on your toes!"

FREELAND

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515  
Pairs of  
shoes

### About Us: Shoe Drive

We just finished our annual Flip Flop the World Shoe Drive, and it was a huge success thanks to you! Our office was able to collect just over 500 pairs of shoes to distribute to the community through the East Side Soup Kitchen of Saginaw. Thank you for your contributions!



## Tip-py Toes: K-Taping

There are many benefits to having your feet taped. Let us better explain this advanced treatment.

- ~ This pain free solution is a shorter appointment time and you are back on your feet the same day.
- ~ Ideal for avid walkers, runners both short and long distance.
- ~ Tape stays on through sweat, showers, and whatever else life throws at you.

### Medical Pedicure Special Offer Just For You!

**\$10.00 off any medi-pedi service - July only**

Did you just finish a race? Bring us your finishers' medal within 30 days of your race.

Are you a health care worker? Show us your employee badge and treat your self.

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