

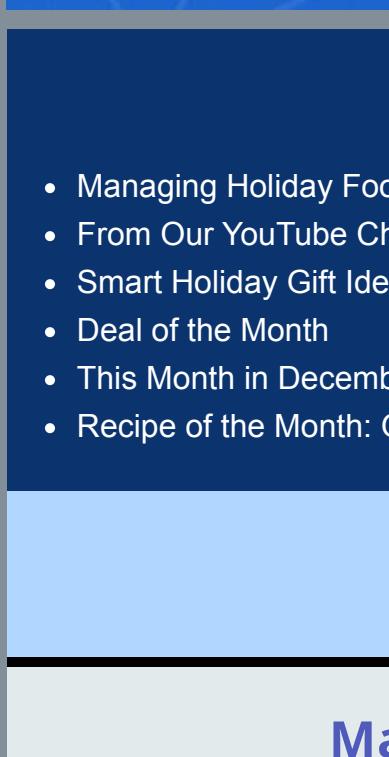
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DECEMBER 2025

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Step Into Better Foot Health - Every Month!



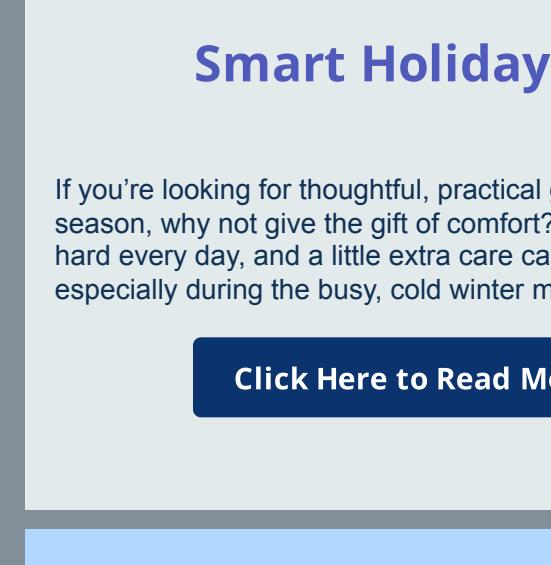
Pueblo Ankle & Foot Care is your monthly source for tips, news, and expert care. Check out our latest Newsletter!

IN THIS ISSUE

- Managing Holiday Foot Pain
- From Our YouTube Channel: For When It's Needed, We Love This Shoe!
- Smart Holiday Gift Ideas for Foot Health
- Deal of the Month
- This Month in December
- Recipe of the Month: Gingerbread Cookies & Gourmet Hot Cocoa

FEATURED ARTICLES

Managing Holiday Foot Pain



The holiday season is full of shopping, gatherings, and celebrations, but all the fun activities can really take a toll on your feet. Long hours standing in lines, walking through stores, or preparing for events often lead to sore heels and aching arches.

[Click Here to Read More](#)

From Our YouTube Channel:

For When It's Needed, We Love This Shoe!



WOUND, FRACTURE, & POST OP SHOE

BENJAMIN MARBLE DPM



Smart Holiday Gift Ideas for Foot Health

If you're looking for thoughtful, practical gifts this holiday season, why not give the gift of comfort? Our feet work hard every day, and a little extra care can go a long way, especially during the busy, cold winter months!

[Click Here to Read More](#)

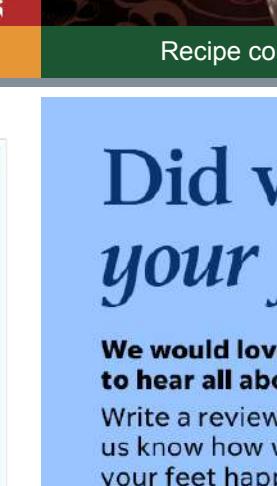


GOOGLE REVIEW



Dr Lewis has been my doctor for several years and is simply amazing! Dr Lewis is thorough he shows great kindness and compassion for his patients and has great bed side manner! Dr Lewis is very experienced and explains every issue in detail, he has helped me tremendously and I highly recommend him for foot/ankle care! - H.S

MEET OUR DOCTORS



ERIC LEWIS, DPM

BENJAMIN K. MARBLE, DPM

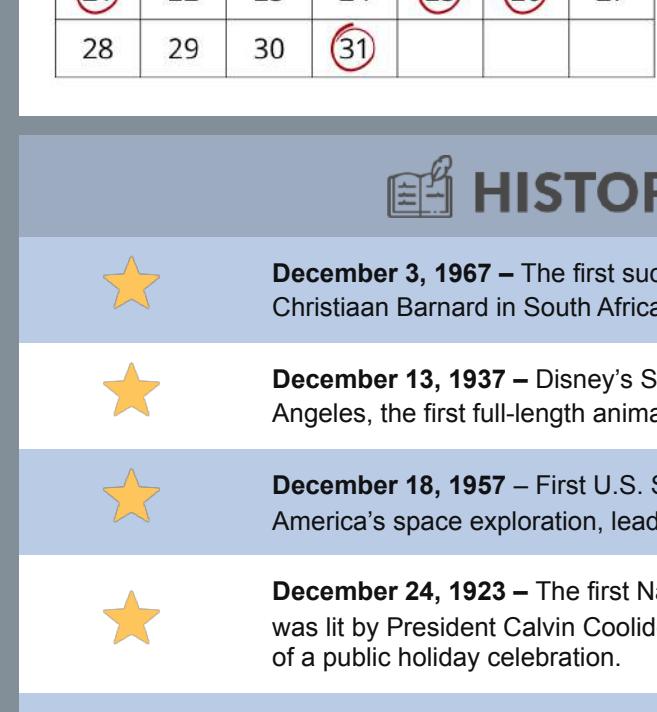
SARAH THOMPSON, DPM

STEWART KITE, DPM

[Read More Here](#)



HELLO Winter



Did we make your feet happy?

We would love to hear all about it.

Write a review to let us know how we made your feet happy?

[CLICK HERE](#)

We provide comprehensive medical and surgical care for all utilizing up-to-date advanced techniques.

Pueblo Ankle & Foot Care, P.C.

323 S. Pueblo Blvd.

Pueblo, CO 81003

(719) 545-2479

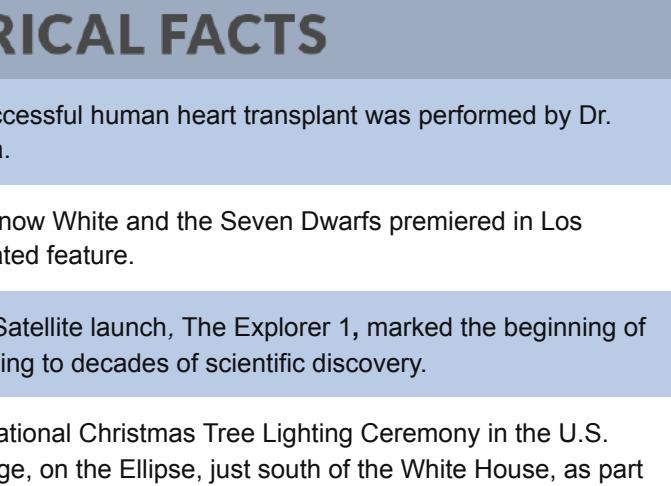
[PUEBLOANKLEANDFOOT.COM](#)

RECIPE OF THE MONTH



[Click Here for the Full Recipe](#)

Recipe courtesy of [meaningfuleats.com](#)



[Click Here for the Full Recipe](#)

Recipe courtesy of [thefedupfoodie.com](#)

THIS MONTH IN DECEMBER

INTERESTING DATES

DECEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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			

7 Pearl Harbor

14 Hanukkah begins

21 Winter Solstice

25 Christmas Day

26 Kwanzaa

31 New Year's Eve

[REQUEST AN APPOINTMENT TODAY!](#)

Need more info?

CONTACT US →

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