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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 bedside 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

DECEMBER

DEAL OF THE MONTH



\$30 BUNDLE


NATURAL AND EFFECTIVE PAIN RELIEF!

Bundle includes one Pain Relief Gel or Roll-On and one Arnica Boost Recovery Cream.

HELLO Winter

RECIPE OF THE MONTH

SOFT GINGERBREAD COOKIES




Gluten-free

Click Here for the Full Recipe

Recipe courtesy of meaningfuleats.com

GOURMET HOT CHOCOLATE



Click Here for the Full Recipe

Recipe courtesy of thefedupfoodie.com

★2025★

THE OFFICIAL COMMUNITY'S CHOICE AWARDS

Best of Pueblo


WINNER

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 utilizing evidence-based therapies for all ankle and foot ailments.



PUEBLO WEST OFFICE  
323 S PURCELL BLVD  
PUEBLO WEST, CO 81007  
(719) 543-2476 • PUEBLOANKLEANDFOOT.COM



THIS MONTH IN DECEMBER

INTERESTING DATES

DECEMBER

Sun	Mon	Tue	Wed	Thu	Fri	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			

7 Pearl Harbor

14 Hanukkah begins

21 Winter Solstice

25 Christmas Day

26 Kwanzaa

31 New Year's Eve

HISTORICAL FACTS


★ December 3, 1967 – The first successful human heart transplant was performed by Dr. Christian Barnard in South Africa.

★ December 13, 1937 – Disney's Snow White and the Seven Dwarfs premiered in Los Angeles, the first full-length animated feature.

★ December 18, 1957 – First U.S. Satellite launch, The Explorer 1, marked the beginning of America's space exploration, leading to decades of scientific discovery.

★ December 24, 1923 – The first National Christmas Tree Lighting Ceremony in the U.S. was lit by President Calvin Coolidge, on the Ellipse, just south of the White House, as part of a public holiday celebration.

REQUEST AN APPOINTMENT TODAY!




Phone: (719) 543-2476  
Fax: (719) 543-2479  
www.puebloankleandfoot.com

Our Offices:

Pueblo Colorado  
1619 North Greenwood St. #300  
Pueblo, CO 81003

Pueblo West  
323 S Purcell Blvd  
Pueblo West, CO 81007



Need more info?

CONTACT US →

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