

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!

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FEATURED ARTICLES

Foot Care Resolutions for 2026



A new year brings fresh motivation to take better care of your health, and your feet are a great place to start. They support every step you take, yet many people overlook foot health until something hurts.

Click Here to Read More

Can Shoes Sabotage Your Fitness Goals?

New year, new motivation, which often means a renewed commitment to fitness. Whether you're walking more, hitting the gym, or training for your first 5K, the right shoes can make or break your progress.

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GOOGLE REVIEW



Dr. Kite is an exceptionally skilled doctor/surgeon. He gives all options with pros and cons and answers any and all questions. He is also quite friendly and a pleasure to work with while going through the medical process.

- C.C. ⭐

MEET OUR DOCTORS



ERIC LEWIS, DPM



BENJAMIN K. MARBLE, DPM



SARAH THOMPSON, DPM



STEWART KITE, DPM

Read More Here

From Our YouTube Channel:
Fungal toenail laser treatment



JANUARY DEAL OF THE MONTH
3 Laser Nail Treatments
25% OFF

Laser Treatment is a safe and effective procedure used to kill fungus in and around your nail bed.

Initial Doctor evaluation required before treatment.

RECIPE OF THE MONTH



Click Here for the Full Recipe



Recipe courtesy of [allthehealthythings.com](#)



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.



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THIS MONTH IN JANUARY

INTERESTING DATES

JANUARY

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

- 1 New Year's Day
- 15 National Bagel Day
- 19 Martin Luther King Jr. Day
- 23 Measure Your Feet Day
- 30 National Fun at Work Day
- 31 National Hot Chocolate Day

HISTORICAL FACTS

- ★ January 7, 1789 – The first U.S. presidential election was held, starting a peaceful voting tradition.
- ★ January 9, 2007 – Apple introduced the iPhone, transforming how the world connects.
- ★ January 13, 1910 – First public radio broadcast, opening a new era of communication.
- ★ January 24, 1848 – Gold was discovered at Sutter's Mill, kicking off the California Gold Rush and massive growth.
- ★ January 29, 1929 – The Seeing Eye was founded, the first U.S. guide-dog school, empowering the blind community.

REQUEST AN APPOINTMENT TODAY!



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Need more info?

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