


## 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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- Your Spring Foot Care Checklist
- Nominate Pueblo Ankle & Foot Care for CommunityVotes Pueblo 2026!
- Video: From Our Youtube Channel - How to treat dry cracked heels.
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### FEATURED ARTICLES

#### Foot-Friendly Foods for National Nutrition Month



Foot health isn't just about wearing the right shoes or remembering to stretch; it's also about maintaining a healthy lifestyle. The nutrients in your diet help build and maintain strong bones, support the muscles and tendons that keep you moving, reduce inflammation, and promote healthy circulation to your feet. When nutrition falls short, foot pain, slow healing, and stiffness can follow.

[Click Here to Read More](#)

#### Your Spring Foot Care Checklist

Spring is a season of fresh starts, and that includes your feet! As temperatures rise and days get longer, many people are eager to swap winter boots for lighter shoes and spend more time outdoors. But after months of cold weather, dry indoor air, and limited movement, your feet may need a little extra care before they're ready to keep up with your spring plans.



[Click Here to Read More](#)

### NOMINATE US

**Nominate Pueblo Ankle & Foot Care for CommunityVotes Pueblo 2026! We appreciate the community's support!**



[pueblo.communityvotes.com](http://pueblo.communityvotes.com)

[Click Here To Nominate Us](#)

### GOOGLE REVIEW



I Love going to the Pueblo West Office! All the staff there is great! Everyone is friendly and acts like they appreciate you being there! Dr. Lewis has been great! He is never in a rush during my appointment time with him. He is always very thorough and I Love that he takes the time to listen to me and my questions or concerns and is happy to explain all of my options. He has helped me a lot with my foot problems! I'm really happy with the treatment I've gotten and I'm happy to recommend Pueblo Ankle and Foot Care to my family and friends!! -- J.T.

### MEET OUR DOCTORS



ERIC LEWIS, DPM    BENJAMIN K. MARBLE, DPM    SARAH THOMPSON, DPM    STEWART KITE, DPM

[Read More Here](#)

### From Our YouTube Channel:

Dr. Marble talks about treatment options for dry cracked heels.



### MARCH DEAL OF THE MONTH

It's a "click your heels" kind of a deal!

**SECOND PAIR OF CUSTOM MADE ORTHOTICS \$300**  
must have been previously cast



### RECIPE OF THE MONTH



[Click Here for the Full Recipe](#)

Recipe courtesy of [themediterraneandish.com](http://themediterraneandish.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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### YOUR MARCH CALENDAR HIGHLIGHTS



- Mar 2 — Read Across America Day (Dr. Seuss Day):** Green Eggs and Ham was the result of a bet to write a book using only 50 words—49 one-syllable words plus "anywhere."
- Mar. 3 — World Hearing Day:** Over 1.57 billion people (roughly 1 in 5 people globally) now live with some degree of hearing loss.
- Mar. 8 — Daylight Saving Time begins:** The time changes at 2 a.m. instead of midnight as to not interfere with bar/restaurant hours.
- Mar. 17 — St. Patrick's Day:** Until 1970, St. Patrick's Day was considered a religious holiday in Ireland; the pubs were closed!
- Mar. 20 — First day of spring:** Children grow faster during the spring than any other season.
- Mar. 28 — National Weed Appreciation Day:** (Not that weed!) Hey, weeds produce oxygen, serve as shelter for certain animals, and dandelions are a delightful salad addition.



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[REQUEST AN APPOINTMENT TODAY!](#)

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