

203.743.7083

8 School Street Bethel, CT 06801 www.BethelFootandAnkle.com

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FEATURED ARTICLES

Three Things to Keep in Mind During National Foot Health Awareness Month



April is National Foot Health Awareness Month, a time dedicated to reminding us of the importance of caring for our feet! Often overlooked, foot health plays a crucial role in our overall well-being.

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Common Foot Health Myths Debunked

Foot health is often taken for granted, and with it comes a host of myths that can misguide individuals when caring for their feet. Debunking some of these myths is crucial for maintaining optimal foot health and taking better care of your feet!

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MEET OUR DOCTORS



DR. MICHAEL Z. FEIN

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DR. JAMIE A. OTFINOSKI

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RECIPE OF THE MONTH

Spinach and Potato Frittata

This potato frittata is delicious and easy to make. Serve it at Saturday family brunches and get-togethers, it's always a big hit.

Ingredients:

- 2 tablespoons of olive oil • 6 small red potatoes, sliced
- 1 cup torn fresh spinach • 2 tablespoons sliced green onions
- 1 teaspoon crushed garlic • salt and pepper to taste
- 6 large eggs • 1/3 cup of milk
- 1/2 cup of shredded Cheddar cheese

Directions:

- 1. Gather all ingredients.
- 2. Heat olive oil in a medium skillet over medium heat. Cook potatoes in hot oil, stirring occasionally, until tender but firm, about 10 minutes.
- 3. Mix in spinach, green onions, and garlic. Season with salt and pepper. Cook and stir until spinach is wilted, 1 to 2 minutes. 4. Beat together eggs and milk in a medium bowl. Pour over vegetables in
- the skillet. Sprinkle with Cheddar cheese. Reduce heat to low, cover, and cook until eggs are firm, 5 to 7 minutes. 5. Slice and enjoy!
- Recipe courtesy of <u>allrecipes.com</u>.

THIS MONTH IN APRIL

APRIL

INTERESTING DATES

Suii	IVIOII	Tue	vveu	Tilu	FII	Sai
		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			

highest levels of motorsports.

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Need more info?

2 National Peanut and Jelly Day

1 April Fool's Day

12 Passover 20 Easter

22 Earth Day

HISTORICAL FACTS April 3, 1860 – The Pony Express Begins - The first Pony Express mail service



between Missouri and California started, dramatically improving cross-country communication. April 8, 1974 - Hank Aaron Breaks Babe Ruth's Home Run Record - Hank Aaron hit



his 715th home run, surpassing Babe Ruth and making history in Major League Baseball. April 20, 2008 - Danica Patrick Becomes First Woman to Win IndyCar Race - Danica Patrick made history by winning the Indy Japan 300, proving women belong in the

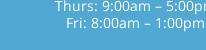


States inaugurated its first president, George Washington, marking the beginning of American democracy.

April 30, 1789 - George Washington Becomes First U.S. President - The United



Bethel Foot and Ankle Bethel Foot and Ankle (P): 203-743-7083



Wed: 9:00am – 6:00pm

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