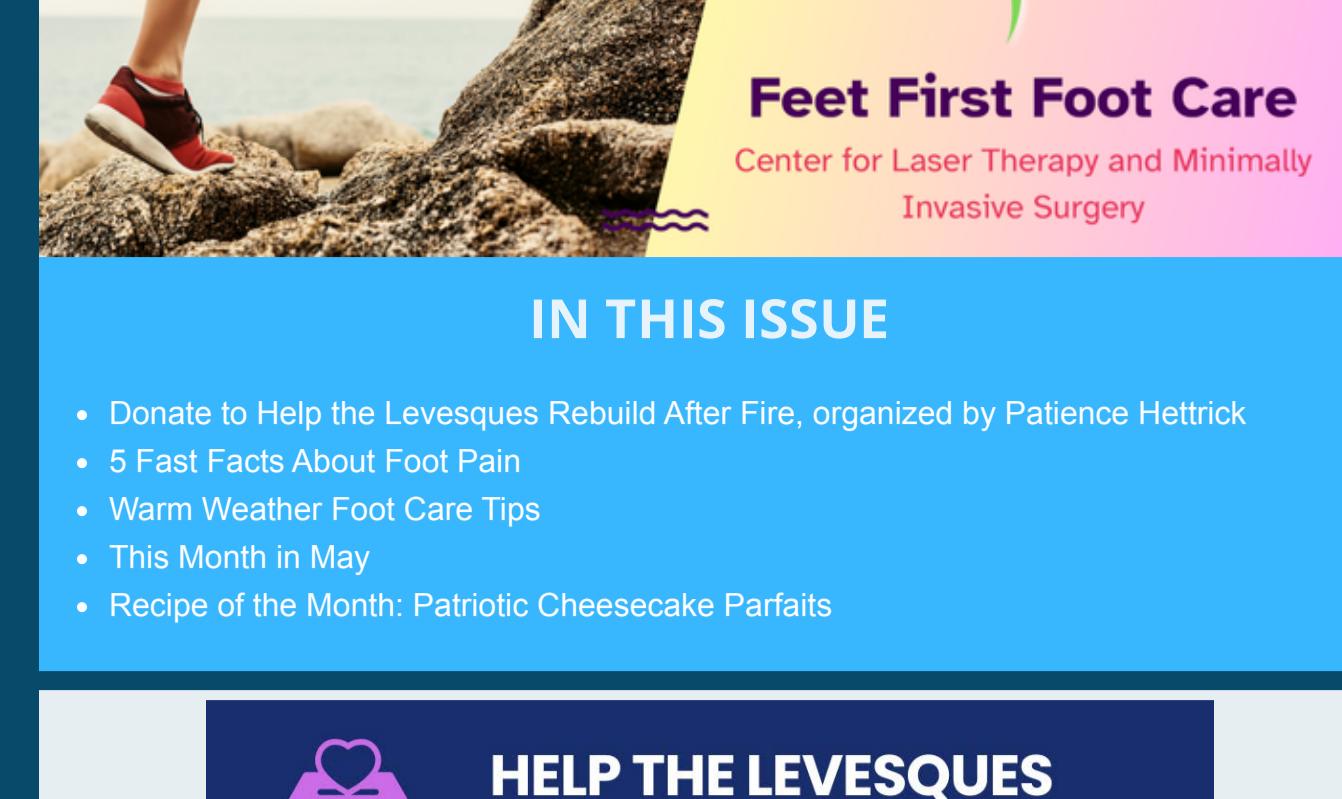


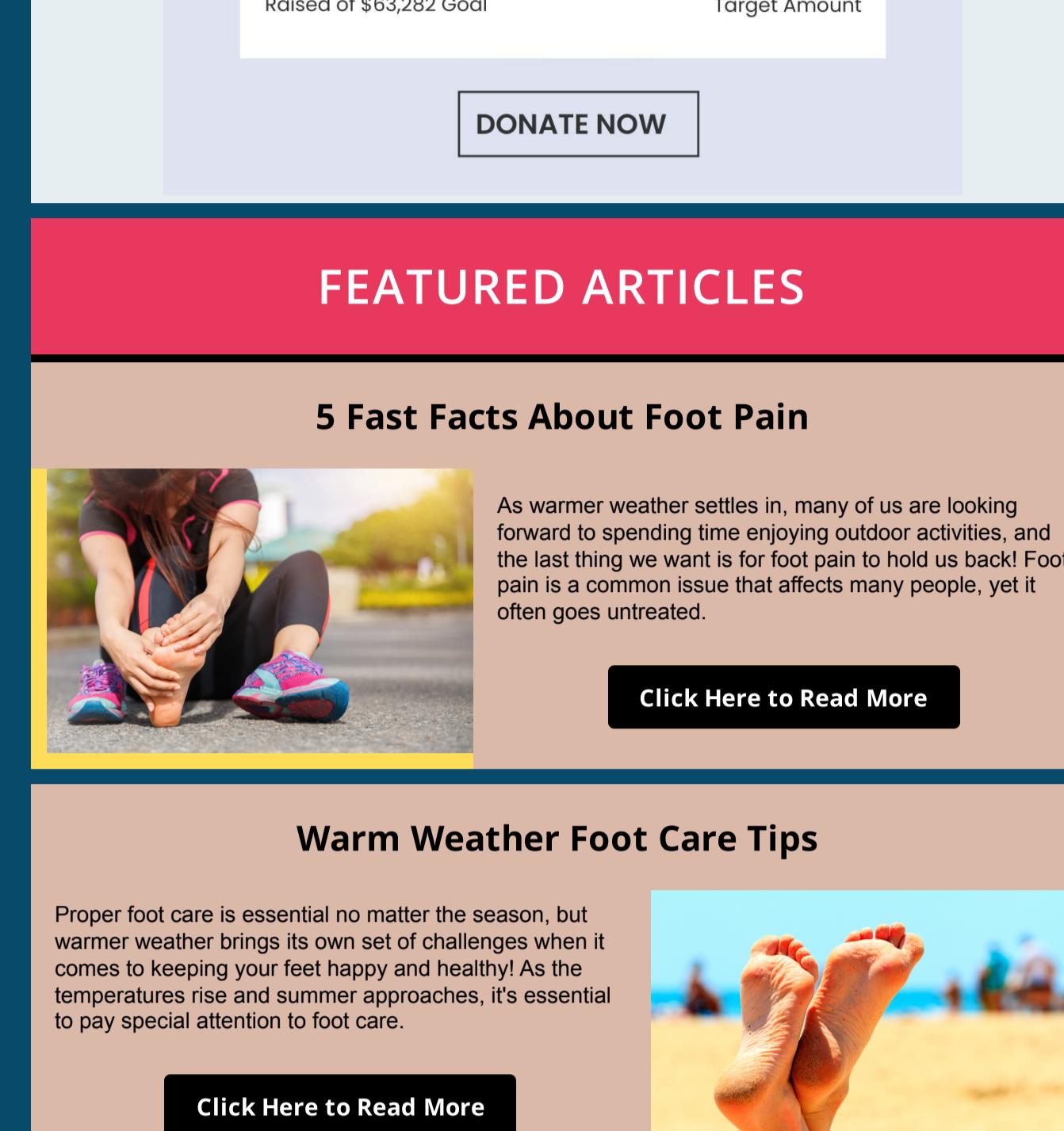


SPRING 2025



IN THIS ISSUE

- Donate to Help the Levesques Rebuild After Fire, organized by Patience Hettrick
- 5 Fast Facts About Foot Pain
- Warm Weather Foot Care Tips
- This Month in May
- Recipe of the Month: Patriotic Cheesecake Parfaits



FEATURED ARTICLES

5 Fast Facts About Foot Pain

As warmer weather settles in, many of us are looking forward to spending time enjoying outdoor activities, and the last thing we want is for foot pain to hold us back! Foot pain is a common issue that affects many people, yet it often goes untreated.

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Warm Weather Foot Care Tips

Proper foot care is essential no matter the season, but warmer weather brings its own set of challenges when it comes to keeping your feet happy and healthy! As the temperatures rise and summer approaches, it's essential to pay special attention to foot care.



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MEET OUR DOCTOR



ADAM MUCINSKAS DPM

MEET OUR STAFF



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RECIPE OF THE MONTH

Patriotic Cheesecake Parfaits

Take all the great, rich flavor of cheesecake, layer it with summer's best berries, then add a little crunch and a touch of chocolate, and you have what may just be the perfect summer dessert.

INGREDIENTS

- 8 ounces Neufchâtel (light) cream cheese, at room temperature

• One 5.3-ounce container of vanilla nonfat Greek yogurt

• 1/4 cup light sour cream

• 1/2 cup confectioner's sugar

• 6 chocolate wafer cookies, crumbled

• 1/2 cup crisp rice cereal

• 1/4 cup Grape-Nuts brand cereal

• 1 1/2 cups sliced strawberries

• 1 cup blueberries

DIRECTIONS

1. Beat the Neufchâtel, yogurt, and sour cream with an electric hand mixer until smooth. Stir in the confectioners' sugar and beat again until smooth.
2. Combine the crumbled cookies and cereals in a small bowl.

3. Build the parfaits: Place a small spoonful of the cheesecake mixture in the bottom of each of 4 parfait glasses or wine goblets. Add a layer of fruit, followed by a second layer of the cheesecake mixture; top with a layer of the crumbs. Repeat. Arrange a final layer of berries on top; place a decorative dollop of the last of the cheesecake mixture, and sprinkle with the crumbs.

Recipe courtesy of [foodnetwork.com](#).

[Read More](#)



THIS MONTH IN MAY

INTERESTING DATES

MAY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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

5 Cinco de Mayo

6 National Nurses Day

11 Mother's Day

26 Memorial Day

31 National Smile Day

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