



SUMMER 2026



Feet First Foot Care
Center for Laser Therapy and Minimally
Invasive Surgery

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IMPORTANT ANNOUNCEMENT

Matthew's Eagle Scout Project



Matthew's Eagle Scout project is complete, and we couldn't be more grateful!

A heartfelt thank you to everyone who supported this project through donations, encouragement, volunteer efforts, and community spirit. Because of your generosity, a new picnic table and gathering space are now part of Riverfront Park for families, friends, and neighbors to enjoy for years to come.

This project is a wonderful example of what can be accomplished when a community comes together to support its young leaders. We are incredibly proud of Matthew's hard work, dedication, and commitment to giving back.

Thank you to everyone who helped turn this vision into a reality!

FEATURED ARTICLES

Tips For Back-to-School Shoe Shopping



As summer winds down and the new school year approaches, many parents are busy checking supplies off their shopping lists. While backpacks, notebooks, and lunch boxes often get the most attention, one purchase can have a lasting impact on your child's health: a properly fitting pair of shoes.

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How Do I Know If I Should See a Podiatrist?

It's tempting to ignore foot pain and hope it goes away on its own. After all, many people assume sore feet are just part of a busy lifestyle. But ongoing pain, swelling, or changes in your feet aren't something you should live with.

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OUR HEALING TECHNOLOGY



For summer feet
that flip not flop.

The gold standard in verruca and wart treatment.

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BLOG SPOTLIGHT:

Why Won't My Deep Muscle Knots Go Away?



Chronic muscle knots often persist because traditional massages only treat the surface. Zimmer enPuls shockwave therapy uses deep acoustic sound waves to physically shatter rigid, underlying fascial adhesions, forcing fresh blood flow into the tissue to permanently heal stubborn myofascial pain without surgery or pills.

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MEET OUR DOCTOR



ADAM MUCINSKAS DPM

MEET OUR STAFF



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RECIPE OF THE MONTH



[Click Here for the Full Recipe](#)

Recipe courtesy of fannetasticfood.com

YOUR AUGUST CALENDAR HIGHLIGHTS



August 1 — The first US Census is completed (1790): There were four million people in the US in 1790. Today's population is approximately 349 million.

August 12 — Annual Perseid Meteor Shower — Peak Night: During this meteor shower, the "shooting stars" you see are caused by tiny grains of space dust—often no larger than a grain of sand!

August 12 — Henry Ford built the first Model T. (1908): The original Ford Model T lacked a speedometer, and it wasn't strictly black—early releases were offered in red, green, and blue.

August 15-17 — Woodstock Music Festival (1969): Woodstock drew over 400,000 attendees to a dairy farm in Bethel, New York.

August 26 — Women's Equality Day: U.S. Congress passes the 19th Amendment to the Constitution (1920), granting women the right to vote.

August 27 — International Lottery Day: Americans spend over \$100 billion annually on lottery tickets, reaching a historic peak of \$109.38 billion recently.



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