

February 2011 Newsletter
Reply for a FREE Pair of Slippers!

CONGRATULATIONS Donna A.!

Congratulations to Donna A. of Ellsworth! She is the winner of our January Give Away: a **FREE pair of running shoes!**

January Give Away: What are three insurance companies that HFAA accepts?

January Answer: We accept most insurance plans including Medicare, Blue Cross Blue Shield, Anthem, United Health Care, and Health Alliance. We also accept Illinois Healthcare and workers compensation. We JUST became a preferred provider with Aetna, and are in the process of becoming preferred with Cigna.

YOU could be our next big winner. Dr. Lockwood wants to reward our readers with FREE giveaways, EVERY month! HFAA is giving away 1 **FREE pair of slippers** for the month of February! **All you have to do is reply to this e-mail with the correct answer to the question listed at the bottom of this newsletter to be entered to win.** One lucky winner will win the prize. The drawing will be held at the end of each month, so every reader has a chance to reply. There will be a different question each month, with a different prize. The answer can usually be found in the context of the newsletter itself. So, good luck and get reading for your chance to win a FREE pair of slippers!

Let's COZY Up and CUDDLE this Valentine's Day!

What's better than cozying up with your favorite someone or cuddling around the house with your significant other? Well this Valentine's Day all you need is a pair of HFAA's extra depth slippers to fill your heart's desires! With two stylish fashions- Cuddle: closed back, and Cozy: open back- along with three different colors, we have the perfect slipper for you and your loved ones. These extra depth ultra comfort slippers have a non-skid sole, a separate toe box to reduce the chance of stubbing your toe, and come with a complimentary pair of extra depth inserts. They can accommodate any extra depth insert you have. Pamper yourself this Valentine's Day with the gift that keeps on giving... the gift of COMFORT!

How to Survive Valentine's Day with Diabetes

Americans will purchase around 58 million pounds of chocolate for Valentine's Day, and spend somewhere around \$345 million to satisfy their loved one's sweet tooth. When it comes to Valentine's Day, there's nothing worse than being a diabetic or anyone else looking for sugar-free candy. The stores are full of chocolate, conversation hearts, and dozens of different kinds of candy. Finding anything sugar-free that relates to Valentine's Day has always been a little hard. So with millions of pounds of chocolates and millions of dollars being spent, how are diabetic supposed to survive (and enjoy) this loved holiday?

After some investigating, we found lots of candies that will fill your Valentine's heart- and not break their diet! Sugar free peeps, Sugar Free Cherry Cordials, Godiva Sugar Free Assortment, YC Chocolate Gourmet Truffles, Sugar Free Jelly Belly Beans, Sugar Free Chocolate Bridge Mix, and Hershey's Sugar Free Dark Chocolate Nuggets will all be scrumptious and met dietary guidelines at the same time.

We even found an entire website dedicated to diabetic-friendly candy. Click here to view the entire website full of sugar free and low-carb candy, cookies, chocolate, gifts, and snacks! You can even have the website gift wrap your purchase and include a personalized message for that extra special touch- for free!

So, even if your valentine is diabetic, you can still take part in this day of love. Stop by HFAA to pick up non-edible items for gift basket such as diabetic socks, crèmes, shoes and slippers!

<http://www.diabeticcandy.com/index.html>

Show HFFA some love!!

With February 14th quickly approaching, we want to take this time to show our appreciation for all of our patients. YOU make HFAA what it is today, and we appreciate that. We appreciate you entrusting your foot and ankle health with us. We promise to always provide top quality comprehensive care, products that are proven to help you, and services that you will talk to your friends about. We promise to do this 365 days a year! We like to show our love by giving you FREE prizes each month, supporting your community event, and giving away even more freebies online! If you would like to give us a compliment, you can do so on our facebook page or on our website. Or, you can leave comments about HFAA on local search engines such as Google, Yellow Pages online, or City Search.

Surprise... ANOTHER February Give Away!

Dr. Lockwood just loves to spread the love this month! So on Valentine's Day we will give away 1 FREE diabetes friendly Valentine's Basket. This basket will be filled to the rim with scrumptious sugar-free treats as well as some of HFAA's hottest selling diabetes products. All you have to do to be entered to win is post a comment about HFAA on any one of the sites listed above- our website, Facebook, Google, Yellow Pages, City Search- or any search engine you prefer.

Here's the kicker with this game-YOU GET UNLIMITED CHANCES TO ENTER! We have NEVER done this before! For every site you post a comment about HFAA on, you get another entry into the contest. To show us you've posted a comment, go to our facebook page and post a link to where the comment can be found. Do this for every different comment you post on different sites, and the entries are endless!

The winner will be announced on our Facebook page on Monday February 14 (of course)! Best of luck and get posting!

Upcoming Events

Heart of Faith Gala

-Saturday February 12, 2010

-Parke Hotel & Conference Center, 1414 N. Towanda Rd, Bloomington

Come join us for cocktails, dinner, silent and live auctions and entertainment as we support Faith in Action of Bloomington-Normal. Faith in Action provides non-medical support to seniors and their caregivers through an interfaith network of volunteers, faith congregations, and community organizations. To learn more about Faith in Action visit their website. To attend the Heart of

Faith Gala, call 309-827-7780. Your \$50 dinner charge benefits the Bloomington-Normal Faith in Action.

2011 Women's Health Night

-Tuesday March 8, 2011

-3:00-7:30pm

-Illinois State University's Bone Student Center, 100 N. University St. In Normal

Learn how to properly care for yourself and all the women in your family. Enjoy bone density screenings, strength training, and skin cancer screenings at this FREE event. The fun will include Zumba, yoga, hula dancing, and Wii tournaments. This afternoon will be filled with various informational presentations including breast health, child obesity, and strokes. Click here for additional information.

(<http://www.ihlf.org/womens-health-night.html>)

HFAA is proud to be active in community involvement. If you have an event you would like HFAA to be a part of, please e-mail our office manager Sam Fowler at sam@heartlandfootandankle.com.

Become a Fan of HFAA

Did you know you can follow HFAA on Facebook, Twitter, and on our blog? Click below to check us out online!

Become a fan of HFAA on *Facebook*. (This is where we're giving away the Valentine's Basket!)

Check out our 'tweets' on *Twitter*.

Read our informational *blog*.

Or, visit our *website* anytime to learn more about podiatric care, to schedule an appointment, or to find out about upcoming events.

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Thanks for reading our monthly e-newsletter. Dr. Lockwood wants to reward our readers by giving away a FREE prize each month. This month, we are giving away a FREE pair of slippers you can cuddle up with. All you have to do is reply to this e-mail with the correct answer to the question below to be entered to win!

Question: How many color choices do HFAA slippers come in?

Good luck!