



The HEARTLAND HERALD

*The Quarterly Treat
for Your Feet*

1st Quarter 2023

One of the things I love best about living in Illinois is the 4 distinct seasons - Cold, muddy, hot, and Fall! We are right in the middle of cold (hopefully without too much of the 'snow' associated with it!) and I've also noticed a trend in what patients we see when it's frigid outside.

First Up - People focus on getting beautiful nails during the winter so they are summer ready!!

In January, we will be continuing with our 20% of laser fungus packages and working with all our existing patients to have maintenance lasers to 'zap out' that pesky fungus!!



Secondly - it's New Year Resolution time! And that means inadvertent injuries - especially plantar fasciitis! In February, we will be focusing on how we can help YOU get ahead of that common problem with both functional

products (orthotics) and keeping the pain away with our pain laser!

Finally - Starting to think about Spring Break (and muddy season, LOL!)

Did you know that the most likely place you can get a wart is from a pool?? Yuck! Be sure to check your feet (and the kids feet!) after coming back from your trips - we have solutions for you to keep these away!



Anniversaries and Birthdays, oh my!

We've got a couple of birthdays in the first quarter, including Jody, Lacey, Lynda, AND Lauren June! :) Lacey and Bree also have their 3 year HFAA anniversaries coming up in March! Be sure to say hi and check out our social media for fun facts about everyone!!



HEARTLAND
FOOT & ANKLE ASSOCIATES



*Dr. Lockwood provides comprehensive foot care from pediatrics to geriatrics.
Call to schedule your appointment today!*

10 Heartland Drive, Suite B
Bloomington, IL 61704

www.HeartlandFootandAnkle.com

(309) 661-9975

Humane Society of Central Illinois

HELP A SHELTER ANIMAL!
Donate Today!



Drop Off Location:
10 Heartland Dr., Ste B
Bloomington, IL 61704

Leave a review on
Google or Facebook,
HFAA
will make a monetary donation!

We are having an adoption day (check out our social for full details!! Did you know that everyone at the office has rescued a pet?? We love to give back and guess what else?? For every review we receive during Q1 2023, we are making a monetary donation to the Humane Society! QR code for reviews?? PLUS you can drop off donations at the office too! A Win-Win for puppies and kittens everywhere!



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