# Coastal Podiatry Associates



### **Happy Feet = Happy Holidays**

The holiday season is finally here, a time filled with family gatherings, festive celebrations, and plenty of running around to make everything perfect.

Between shopping, decorating, cooking, and traveling, your feet put in a lot of work this time of year! At Coastal Podiatry Associates, we believe that happy feet truly make for a happy holiday season.

Taking care of your feet helps you stay comfortable and energized so you can focus on what really matters: enjoying time with loved ones and creating special memories. From all of us at Coastal Podiatry Associates, we wish you comfort, health, and joy this holiday season!

Request an appointment 843-449-3668

### Podiatry Riddle of The Month:

Why did Santa visit the podiatrist? (Answer below)



# Start the New Year on the Right Foot

The new year is the perfect time to focus on your health, starting from the ground up! Our latest blog shares simple, practical resolutions to prevent foot pain, choose the right shoes, and keep your feet feeling thier best all year long. Step confidently into 2026 with tips from the experts here at Coastal Podiatry Associates!

Read more!



## **Guilt-Free Holiday Dinner Recipes**

Enjoy the flavors of the season without the guilt! These 40 holiday Christmas dinner recipes prove that festive meals can be both delicious and nutritious.

From lighter main courses to wholesome sides, there's something for everyone at the table. Treat yourself to a holiday feast that keeps your heart and your feet happy!

**Explore the recipes!** 

# We're here to help you keep your feet feeling their best.

Each doctor with Coastal Podiatry Associates specializes in state-of-the-art foot and ankle care and is Board-Certified by the American Board of Foot and Ankle Surgery. Together, they have decades of combined experience and are trained in advanced surgical and nonsurgical podiatric solutions.

Their goal is to provide you with gentle, optimum quality foot care at affordable prices and to deliver their care in a compassionate and conservative manner.

Personalized treatment programs are developed to satisfy individual foot care needs.

We look forward to seeing you at any of our five convenient locations in Myrtle Beach, Conway, Little River, Surfside Beach, or International Drive.







Answer to This Month's Riddle:

"Because he has mistle-toes!"