



# FOOT FOCUS

April 2016

## MEET THE DOCTORS

## Dr. Boehm and Dr. Meyers exhibit at the State Employees 2016 Wellness & Safety Expo

This month we asked our doctors: "What do you like to do to enjoy warmer weather?"

*"Boat Building followed by gardening, followed by anything else that is outdoors."*

-Dr. Hatcher



*"Sports in the yard with the kids!"*

-Dr. Woelffer

*"My family loves to enjoy the warm weather by going to the beach, taking a bike ride, or a walk downtown to an event."*

-Dr. Boehm



*"Enjoying the great outdoors with family and friends...before it gets too hot!"*

-Dr. Meyers



This year, Raleigh Foot & Ankle Center will be exhibitors at the State Employees 2016 Wellness & Safety Expo. This event happens biyearly and is only for North Carolina state employees, University

employees and their families. Dr. Boehm and Dr. Meyers will be exhibitors at this event., they will be available to help these people with questions about their feet and foot problems. We will have prize giveaways and literature to give out so people can learn more about their symptoms, treatment options, and how we can help. Dr. Boehm and Dr. Meyers

are both family men, so they're both looking forward to helping these state employees and their families with any and all foot pain. This event will be held from 9am until 4pm in the Jim Graham Building, NC State Fairgrounds, 1025 Blue Ridge Road, Raleigh NC 27607.

Attendance for last year was 4,000 state employees and their families. So if you or anyone you know is a state employee and may be interested in attending, please pass this along.



## PRODUCT OF THE MONTH!

*Clean Sweep Antibacterial*

*Shoe Spray*



**With warmer weather comes sweaty and smelly feet.**

***Spring is here and summer is coming, make sure your shoes don't have a lingering odor.***

Do you have smelly fungus-infected shoes? Or maybe somebody you like does. We have a solution that can help: Clean Sweep Antibacterial Shoe Spray.

Clean Sweep Shoe Spray is designed for shoe gear treatment to kill bacteria that causes odor and fungus. No matter what kinds of shoes you're wearing; sandals, sneakers, or heels, don't let your sweat ruin your shoes.

The spray is recommended as part of a complete treatment plan for toenail fungus and athlete's foot. Clean Sweep contains nanosilver to kill and inhibit the growth of bacteria, fungus, and mold.

Get rid of that smell in your shoes with Clean Sweep!

Can be purchased at 1418 E. Millbrook Rd. Raleigh, NC 27576 location or on our online store [www.raleighfootstore.com](http://www.raleighfootstore.com).

## Kaitlyn's Strawberry Caprese Salad

**Ingredients: Measurements are up to your discretion, chops as much as you like.**

- Chopped fresh strawberries
- Chopped fresh mozzarella
- Chopped fresh basil leaves

Combine in a bowl and drizzle with balsamic vinegar right before serving! It's a very light dish but still filling. The strawberries are perfect for spring and summer and the strawberries are a great substitute for those who don't like tomatoes but still want to enjoy a caprese salad! Can be served over chicken, sliced baguette bread, or eat it by itself! Serve cold.



**EMPLOYEE INSIGHT**

**Be prepared for April Fools' Day on April 1st and make sure to plant something on Earth Day April 22nd.**

# Restaurant Review Contest

Raleigh Foot & Ankle Center is having our first ever restaurant review contest. We would like to invite anyone in the Triangle area and it's vicinity, to participate in sending us a review of your favorite restaurant. Each month we will pick the best submission, put it in our monthly newsletter, and announce the monthly winner on social media. At the end of the year, out of all our monthly submission winners, we will pick the yearly champion to receive a \$100 gift certificate to their favorite restaurant. This is an example of what we're looking for.

"If you want the best sandwich in town try Boondini's on Six Forks Road. It is hidden in Celebration shopping center but is it ever worth the trip. Everything I've had there is better than good. Service is fast and pleasant but they are really busy during the lunch hour. If you've lived in the Philadelphia area, you are familiar with the Hoagie. If you're a fan, try the Boondini's Special because it will be as good as any Philly hoagie you've ever had.

They also have soups made fresh every day and my favorite is the Navy bean soup flavored with ham and bacon. OK, it's not healthy but it's really good. Maybe just have it once in a while!

Boondini's makes fresh orangeade too and you can't get any this good anywhere in town. It is almost worth going just to get the shaved ice they put in all their drinks and the refills are free.

The brownies are huge and very good. They also serve cookies but I get the brownie every time I eat there so I've never tried the cookies.



I have been going to Boondini's since they were over on the south side of town 30+ years ago and have no plans to stop. You should start your own tradition there. " -Dr Hatcher

To find out more information and to submit your monthly Restaurant Review entry, go to [www.raleighfootandanklecenter.com/contact-us/contests](http://www.raleighfootandanklecenter.com/contact-us/contests)

## Get Social

Raleigh Foot & Ankle Center on Facebook, YouTube, and Google+

@raleighfootdocs on Twitter, Instagram, and Pinterest

## With Us



GET FOOT CARE TIPS FROM OUR DOCS AND THE INSIDE SCOOP ON OUR BLOG

FIND IT AT [WWW.RFACNC.COM/BLOG](http://WWW.RFACNC.COM/BLOG)

## Have you heard about our online store?

Order your over the counter foot and ankle care products from the comfort of your own home!

Visit [www.raleighfootstore.com](http://www.raleighfootstore.com)



## HAVE YOU SEEN US HANGING OUT AT LIFE TIME ATHLETIC CLUB?

Life Time Athletic Club has open house every other month to showcase different business partners like Raleigh Foot & Ankle Center. The gym is open to all who are interested in joining to see the facility, ask questions, and learn more about Life Time Athletic Club. Come into the next open house on Tuesday, May 10th, at 8518 Falls of Neuse Rd, Raleigh. It starts at 4pm and ends at 7pm. See your friends from Raleigh Foot & Ankle Center to win some free give aways and to talk with Dr. Woelffer!

## FEEL THE DIFFERENCE

The best part about spring and summer is being able to wear open toed shoes, so you have to make your feet prepared. Come get a medi-cure at one of our doctor supervised foot care salons. Put your mind at ease knowing that our foot care team is backed by board-certified physicians and we use today's most advanced foot care technology. Book your appointment today for either of our locations.



**Raleigh Foot &  
Ankle Center**

*Always accepting new patients*

[www.rfacnc.com](http://www.rfacnc.com)

Visit us at either of our convenient locations:

1418 E. Millbrook Rd.  
Raleigh, NC 27608  
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27607