



- Start the Year on the Right Foot: Resolutions for Healthier Feet in 2025
- 5 Easy Exercises to Improve Foot Strength and Flexibility
- This Month in January
- Recipe of the Month: Healthy Detox Soup

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- 1.Heat the olive oil in a Dutch oven over medium-high heat.
- 2.Add the onion, garlic, and ginger. Sauté for 3-4 minutes until the garlic is fragrant and the onions are translucent.
- 3.Add the bell peppers, Italian seasoning, red pepper flakes, sea salt, and black pepper. Cook for 3 more minutes.
- 4.Add the chicken breasts and chicken broth. Simmer for 20 minutes.
- 5.Remove the chicken breasts from the pot and shred using two forks. Add the shredded chicken back to the pot.
- 6.Add the broccoli and cauliflower florets. Simmer for 10 more minutes, until the cauliflower and broccoli are tender.
- 7.Remove from heat. Stir in the lemon juice.

Recipe Courtesy of wholesomeyum.com

INTERESTING DATES

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

- | | |
|----|----------------------------|
| 1 | New Year's Day |
| 15 | National Bagel Day |
| 20 | Martin Luther King Jr. Day |
| 23 | Measure Your Feet Day |
| 28 | Fun at Work Day |
| 31 | National Hot Chocolate Day |



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| ★ | January 1, 1908: The Times Square Ball Drop became an annual New Year's Eve tradition in New York City. |
| ★ | January 2, 1929: The United States and Canada reached an agreement on preserving Niagara Falls, ensuring its natural beauty would remain for future generations. |
| ★ | January 12, 1966: The TV series "Batman" premiered, becoming a cultural sensation with its campy fun and iconic performances. |
| ★ | January 15, 1967: The first-ever Super Bowl was played between the Green Bay Packers and Kansas City Chiefs, starting a beloved sports tradition. |
| ★ | January 25, 1924: The first Winter Olympics opened in Chamonix, France. |



Mon: 9:00 am – 5:00 pm
Tues: 9:00 am – 5:00 pm
Wed: 9:00 am – 5:00 pm
Thurs: 9:00 am – 5:00 pm
Fri: 9:00 am – 1:00 pm
Sat: 8:00 am – 1:00 pm
Sun: Closed

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