



WINTER 2026



Dr. Stavros Alexopoulos
773.561.8100

MyChicagoFootExpert.com

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FEATURED ARTICLES

Foot Care Resolutions for 2026



A new year brings fresh motivation to take better care of your health, and your feet are a great place to start. They support every step you take, yet many people overlook foot health until something hurts.

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Can Shoes Sabotage Your Fitness Goals?

New year, new motivation, which often means a renewed commitment to fitness. Whether you're walking more, hitting the gym, or training for your first 5K, the right shoes can make or break your progress.



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MEET OUR DOCTOR



STAVROS ALEXOPOULOS, D.P.M.

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Don't Let Your Foot Pain Keep You From Enjoying Life!

Call us today for your appointment
(773) 561-8100



RECIPE OF THE MONTH



Recipe courtesy of allthehealthythings.com

THIS MONTH IN JANUARY



INTERESTING DATES

JANUARY

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

19 Martin Luther King Jr. Day

23 Measure Your Feet Day

30 National Fun at Work Day

31 National Hot Chocolate Day



HISTORICAL FACTS



January 7, 1789 – The first U.S. presidential election was held, starting a peaceful voting tradition.



January 9, 2007 – Apple introduced the iPhone, transforming how the world connects.



January 13, 1910 – First public radio broadcast, opening a new era of communication.



January 24, 1848 – Gold was discovered at Sutter's Mill, kicking off the California Gold Rush and massive growth.



January 29, 1929 – The Seeing Eye was founded, the first U.S. guide-dog school, empowering the blind community.

MAKE AN APPOINTMENT TODAY!



Our Office

2740 West Foster Ave.
Suite #107
Chicago, IL 60625

Phone: 773-561-8100



Need more info?

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

CONTACT US →

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