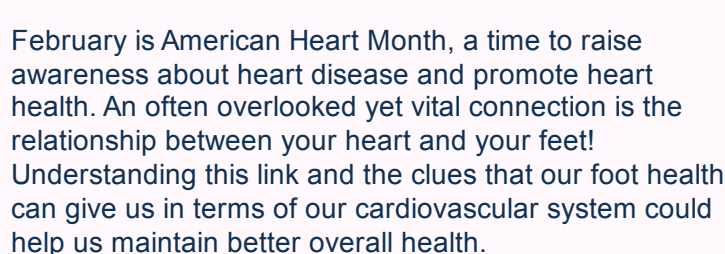




- [The Connection Between Heart Health and Your Feet: A February Focus](#)
- [Love Your Feet: Essential Self-Care Tips for Healthy Feet](#)
- [This Month in February](#)
- [Recipe of the Month: Sheet Pan Salmon and Asparagus with Potatoes](#)

## The Connection Between Heart Health and Your Feet: A February Focus



[Click Here to Read More](#)

February's focus on love and self-care has us thinking that our feet deserve some of the attention too! Although often left out of the equation, it's never too late to start implementing foot care into your routine. With a few simple tips, you can ensure your feet remain strong, comfortable, and pain-free.



**DR. LINDSEY CALLIGARO**

[Read More Here](#)



## SHEET PAN SALMON & ASPARAGUS WITH POTATOES

Sheet Pan Salmon and Asparagus with Potatoes is a great way to get a serving of protein and heart-healthy Omega-3s. Everyone in your family will love this dish for its flavor, and you'll love it for its ease of cooking and cleanup.

- 4 salmon fillets
- 1 pound asparagus, ends trimmed
- 2 pounds baby red or gold potatoes, quartered
- 3 tablespoon olive oil
- 2 teaspoons Italian herb blend, see note
- 1 teaspoon garlic powder
- 2 tablespoon butter, melted
- 2 tablespoons honey
- 1 teaspoon Dijon mustard
- 1/2 teaspoon Italian herb blend
- 1/2 lemon, thinly sliced
- salt and pepper to taste






1. Preheat oven to 400 degrees. Toss potatoes with 2 tablespoons olive oil, salt and pepper to taste, garlic powder, and 2 teaspoons Italian herb blend. Arrange on a large sheet pan and bake in a preheated oven for 10 minutes.
2. Arrange salmon fillets and asparagus on the sheet pan. Whisk together melted butter, honey, Dijon mustard, and 1/2 teaspoon remaining Italian herb blend. Brush onto salmon fillets.
3. Drizzle asparagus with the remaining 1 tablespoon olive oil, season with salt and pepper to taste, and place lemon slices between the asparagus spears.
4. Bake for 15 minutes until asparagus and potatoes are fork-tender and salmon is cooked through. Serve immediately.

*Recipe Courtesy of [lecremedelacrumb.com](http://lecremedelacrumb.com)*

## INTERESTING DATES

FEBRUARY							2 Groundhog Day
SUN	MON	TUE	WED	THU	FRI	SAT	4 World Cancer Day
						1	9 Super Bowl Sunday
2	3	4	5	6	7	8	14 Valentine's Day
9	10	11	12	13	14	15	17 President's Day
16	17	18	19	20	21	22	20 National Love Your Pet Day
23	24	25	26	27	28		27 Polar Bear Day

## HISTORICAL FACTS

-  **February 2, 1887:** The first Groundhog Day was celebrated in Punxsutawney, Pennsylvania, a lighthearted tradition forecasting the arrival of spring.
-  **February 4, 2004:** Facebook was launched, revolutionizing how people connect and communicate globally.
-  **February 14, 1929:** Valentine's Day celebrated globally with love and friendship, becoming a day of joy for millions.
-  **February 22, 1980:** The "Miracle on Ice" occurred when the U.S. hockey team defeated the Soviet Union at the Winter Olympics.
-  **February 27, 1827:** The first Mardi Gras celebrations were held in New Orleans, establishing a tradition of vibrant parades and festivities.



**WAYNE**  
246 Hamburg Turnpike, Suite 204  
Wayne, NJ 07470  
(973) 595-8900

**WEST MILFORD**  
1900 Union Valley Rd. Suite 203  
West Milford, NJ 07421  
(973) 506-6150

[Click Here For All Office Hours](#)

***\*Please note that there is no Call Center Anymore\****

**Need more info?**  
CONTACT US →



*Disclaimer: Content of this newsletter may not be used or reproduced without written permission of the author. This newsletter is not intended to replace the services of a doctor. No expressed or implied guarantees have been made or are made by the author or publisher. Information in this newsletter is for informational purposes only and is not a substitute for professional medical advice.*