



JUNE 2026



Wayne Foot & Ankle Center

From Foot Pain to Peak Performance

Your Trusted Podiatrist in Wayne and West Milford, NJ

IN THIS ISSUE

- Sandals Now Available at If The Shoe Fits
- Why Heel Pain Gets Worse in Summer
- Do You Really Need a Summer Foot Checkup?
- Recipe of the Month: Lemon Herb Pasta Salad
- Your June Calendar Highlights

Sandals Now Available at If The Shoe Fits

5% OFF



Wayne Foot & Ankle Center

New Sandals

IN STOCK NOW



Mention this coupon at your next visit to **If The Shoe Fits** and receive 5% off your purchase of PowerStep Sandals! **[Offer Expires 09.01.26]**

Featured Articles

Why Heel Pain Gets Worse in Summer (And What to Do About It)



Summer makes us want to kick off our shoes and enjoy the freedom of flip flops, sandals, and going barefoot. But if you've ever noticed your heel pain creeping back (or getting worse) this time of year, you're not imagining it. In fact, summer habits are one of the biggest reasons patients experience a flare-up in heel pain.

[Click Here to Read More](#)

Do You Really Need a Summer Foot Checkup?

Summer tends to sneak up on us. One minute you're in sneakers and socks, and the next, your feet are front and center in sandals, at the pool, or on the beach. It's also the time of year when we're more active, more social, and, whether we realize it or not, putting a lot more stress on our feet.



[Click Here to Read More](#)

HELPING LITTLE FEET GROW STRONG!

PROPER FOOT HEALTH HELPS ENSURE KIDS CAN STAY ACTIVE & GROW WITH CONFIDENCE



Help your kids stay pain-free and on track for healthy development! We specialize in treating children with:

- Flat Feet
- Pronation
- Toe Walking
- Severs Disease
- Club Foot
- In-Toeing & Out-Toeing
- Ankle Instability (rolling)
- Frequent Tripping & Falling
- Heel Pain
- Foot Pain
- Metatarsus Adductus (MA)
- Vertical Talus

Early evaluation can make a big difference. If your child is experiencing foot or walking issues, we're here to help!

[Call us today to schedule an appointment](#)

MEET OUR DOCTOR



DR. LINDSEY CALLIGARO

[Read More Here](#)



Recipe of the Month



Lemon Herb Pasta Salad

[Click Here for the Full Recipe](#)

Recipe courtesy of pinchofyum.com

Your June Calendar Highlights



June 1 – National Cancer Survivors Day: This day honors the 18+ million survivors in the U.S. and celebrates life, resilience, and milestones.

June 1 – 30 - Pride Month: The original 1978 rainbow flag symbolizing life (red), healing (orange), sunlight (yellow), nature (green), serenity/art (blue/turquoise), and spirit (violet).

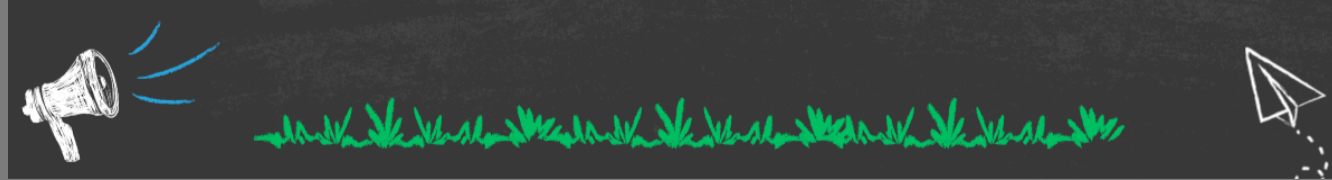
June 6 – D Day, WWII: Theodore Roosevelt Jr., son of U.S. President Teddy Roosevelt, was the only general in the first wave, landing at Utah Beach at age 56.

June 7 – National Trails Day: There are over 1.069 million miles of trails in the U.S.

June 19 – Juneteenth: It is also known as Freedom Day, Jubilee Day, Cal-Liberation Day, and Emancipation Day.

June 20 – Summer Solstice: The solstice is a precise moment in time, not the whole day, marking when the sun is at its furthest northern point.

June 21 - Father's Day: The oldest known Father's Day message is over 4,000 years old, carved in clay by a Babylonian boy named Elmesu to wish his father health and long life.



[BOOK YOUR APPOINTMENT TODAY!](#)

Two Convenient Locations

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

WEST MILFORD
2024 Macopin Road, Unit D
West Milford, NJ 07480
(973) 506-6150

[Click Here For All Office Hours](#)

Please note that there is no Call Center Anymore

Need more info?

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