



TRINITY FOOT CENTER

Healthy Feet News *May Edition*



KERYFLEX

Restore Your Nails.

Restore Your Confidence.

Keryflex Nail Restoration is a safe, non-invasive solution that restores the natural appearance of damaged toenails.

- ✓ Looks natural
- ✓ Flexible and comfortable
- ✓ One visit
- ✓ No pain, no downtime



You deserve to feel confident in your skin—and your sandals.

MAY CALENDAR

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



Mother's Day is Sunday, May 10th

Wishing all the amazing moms a day filled with love and appreciation!

RECIPE OF THE MONTH

Chicken Piccata



Ingredients:

- 4 boneless, skinless chicken breasts
- 1/2 cup all-purpose flour
- 2 tbsp olive oil
- 1/3 cup lemon juice
- 1/2 cup chicken broth
- 2 tbsp capers
- Salt & pepper to taste
- Fresh parsley for garnish

Instructions:

1. Dredge chicken in flour, salt, and pepper.
2. Heat olive oil in a skillet and cook chicken until golden and cooked through.
3. Remove chicken and set aside.
4. In the same skillet, add lemon juice, broth, and capers. Simmer 2–3 minutes.
5. Return chicken to skillet and cook 2 more minutes.
6. Garnish with parsley and serve.



A light, flavorful meal that's heart-healthy and delicious!

MOVE WELL, LIVE WELL

Best Exercises for Older Adults

Staying active helps maintain strength, balance, and independence.



Walking

Improves circulation, balance, and heart health.



Chair Exercises

Great for improving strength and flexibility while seated.



Swimming or Water Aerobics

Low-impact and easy on the joints.



Stretching

Helps maintain flexibility and reduce stiffness.



Balance Exercises

Simple moves like heel-to-toe walking can help prevent falls.



Even 20–30 minutes a day can make a big difference!

DID YOU KNOW?

Women in Medicine Made History



Dr. Elizabeth Blackwell was the first woman in the United States to earn a medical degree in 1849.

Her courage paved the way for countless women in medicine today.

Today, women make up more than 35% of all physicians in the U.S.—continuing to lead, heal, and inspire.

We celebrate the women who break barriers and make a difference every day!



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