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FALL 2025

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Clifton

FOOT & ANKLE CENTER

OFFICE LOCATION

Centreville, VA

703-996-3000

IN THIS ISSUE

Happy Feet for Halloween: Kids' Shoe Tips

Celebrating International Podiatry Day

Discover the Future of Custom Orthotics with AOMS TOT Senior!

This Month in October

Recipe of the Month: Healthy Pumpkin Bread with Maple Glaze

FEATURED ARTICLES

Happy Feet for Halloween: Kids' Shoe Tips

Halloween is one of the most exciting times of the year for kids. Between dressing up in fun costumes, collecting candy, and walking around the neighborhood with friends, it's a night full of fun and adventure.

Click Here to Read More

Celebrating International Podiatry Day

Every October, International Podiatry Day rolls around, putting the spotlight on something we all take for granted: our feet! They carry us through life, yet they're often overlooked until there's a problem. This day is a great reminder to appreciate our feet while learning ways to help keep them healthy, strong, and pain-free.

Click Here to Read More

Discover AMOS TOT Senior!

Revolutionizing Custom Orthotics with iPhone 3D Scanning

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Plaster casts = a thing of the past! It's 2025, and there's a new way to craft custom orthotics: AMOS TOT Senior! It's an app that empowers you to perform a 3D scan directly from your iPhone, using the built-in TrueDepth® camera available in certain Apple devices to eliminate the need for additional hardware. No muss, no fuss; just custom relief for your unique needs!

Schedule An Appointment Today!

MEET OUR DOCTOR

KENNETH R. WILHELM, D.P.M.

Read More Here

HAPPY HALLOWEEN

RECIPE OF THE MONTH

HEALTHY

pumpkin

Bread

WITH MAPLE GLAZE

Click Here for the Full Recipe

Recipe courtesy of [ambitiouskitchen.com](#)

THIS MONTH IN OCTOBER

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INTERESTING DATES

OCTOBER

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
⑲	27	28	29	30	⑳	

1 International Coffee Day

4 World Animal Day

8 International Podiatry Day

13 Columbus/Indigenous Peoples' Day

26 National Pumpkin Day

31 Halloween

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HISTORICAL FACTS

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October 2, 1950 – Charles M. Schulz's Peanuts comic strip debuted, introducing the world to Charlie Brown, Snoopy, and friends.

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October 10, 1933 – A United Airlines flight became the first U.S. passenger flight with a female stewardess (Ellen Church), opening careers for women in aviation.

★

October 27, 1904 – The New York City Subway officially opened, making city travel much easier for millions.

★

October 31, 1941 – Mount Rushmore was completed after 14 years of work.

BOOK YOUR APPOINTMENT ONLINE

Our Office

Clifton Foot And Ankle Center

6101 Redwood Square Centre #303

Centreville, VA 20121

(703) 996 - 3000

[CliftonFootAndAnkle.com](#)

Need more info?

Mon : 8:30 AM - 12:00 PM

Tues: 8:30 AM - 5:00 PM

Wed: 8:30 AM - 5:00 PM

Thurs: 8:30 AM - 5:00 PM

Fri: 8:30 AM - 5:00 PM

Sat & Sun: Closed

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MARKETING