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Extended Office Hours

We have extended hours in our Riverview location!

Riverview Office
 Baycare Outpatient Center
 10141 Big Bend Road
 Suite 209
 Riverview, FL 33578

We are open until 6 pm on Tuesday to meet your needs

Call for an appointment:
 813.633.5900

Accepting New Patients

We are accepting new patients at all of our office locations!

If you have a foot or ankle problem, we are here to help!

We do TOTAL ANKLE REPLACEMENTS!

Minimal Incision Bunion Correction

Ask us about the latest treatment in bunion surgery -
minimally invasive bunionectomy

This is a game changer for the treatment for painful bunions. Because the incisions are so small, patients undergoing this procedure are experiencing less swelling, less pain and a faster recovery.

Get back on your feet again quickly!

We are now offering advanced skin grafting techniques for difficult to heal wounds.

We've got an assortment of Men's and Women's shoes and sneakers ALL SIZES!!

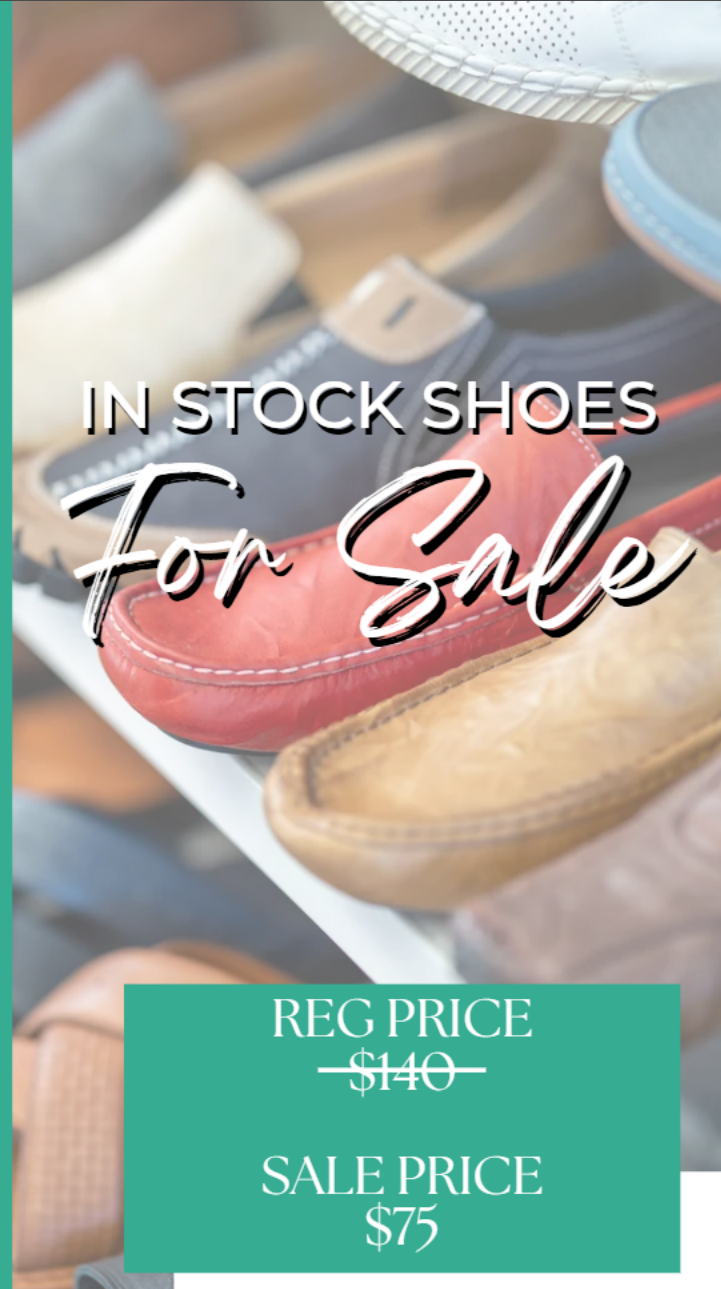
Dr. Comfort, Brooks, New Balance, Apex, Surefit

We have 55 pairs of shoes and they have to go!

COME IN WEDNESDAY, JUNE 7 OR WEDNESDAY, JUNE 28

FROM 9:30-4:00!!
 6326 Fort King Road
 Zephyrhills, FL 33542

No appointment necessary. Come on in and see what we have!



Summer Vacation Tips for Your Feet



It's almost time for summer vacation! Wherever your travel plans take you this season, give your feet a break by following the suggestions below for a fun and healthy trip.

[Read More Here](#)

Focus on Lawn Mower Safety



How not to injure feet while mowing the lawn with a power mower may seem obvious. Mower blades can whirl at a rate of 3,000 rotations a minute, and the damage they can do in a split second is devastating. Yet, statistics show that 86,000 adults and 4,500 children need emergency medical care for injuries sustained from this common summer task. Below are tips for protecting yourself and your family.

[Read More Here](#)



Recipe of the Month BURRATA CAPRESE

This juicy tomato and creamy burrata cheese salad is filled with summer's best produce! Enjoy as an appetizer, side dish, or light main meal.



Ingredients:

- 1 1/4 pounds heirloom tomatoes
- 8 oz burrata cheese
- 2 tablespoons olive oil
- 2 tablespoons aged balsamic vinegar (or balsamic glaze)
- 1 handful of fresh basil and dill
- Sea salt

Instructions:

- Slice tomatoes about 1/2" thick and layer onto the serving dish.
- Add burrata cheese to the serving dish, keeping it whole or breaking it into pieces and scattering it around the dish.
- Drizzle the dish with oil and vinegar.
- Scatter herbs over tomatoes and cheese. Generously sprinkle the salad with sea salt.

Recipe courtesy of [@garnishwithlemon.com](#)

June Special Days Mark Your Calendar!

- June 2**
National Donut Day
- June 11**
National Children's Day
- June 14**
Flag Day
- June 18**
Father's Day
- June 19**
Juneteenth Day
- June 21**
1st Day of Summer

Trivia

Which US State has the average hottest temperature?

- A. California
- B. Texas
- C. Arizona
- D. Florida

Answer:
D. Florida

Joke

Why did the fish blush?

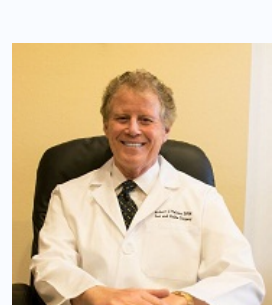
Answer:
Because it saw the ocean's bottom

June Fun Facts

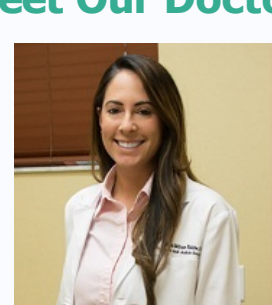
- June 5 is World Environment Day - a day meant to raise environmental awareness across the globe.
- June 14 is Flag Day (U.S.). Be sure to raise the flag! Learn about the U.S. Flag Code, which provides guidelines for displaying the American flag properly.
- June 19 is Juneteenth (also known as Freedom Day or Emancipation Day). On this day in 1865, Union General Gordon Granger read the Emancipation Proclamation aloud in Galveston, Texas, effectively liberating slaves in the state.
- Father's Day is celebrated annually on the third Sunday in June in the United States, United Kingdom, Canada, India, and a number of other countries around the world.
- June is the month with the longest daylight hours of the year in the Northern Hemisphere, and conversely, June has the shortest daylight hours of the year in the Southern Hemisphere, which marks the beginning of winter.

[Request An Appointment](#) [Visit Our Website](#) [Our Patient Portal](#)

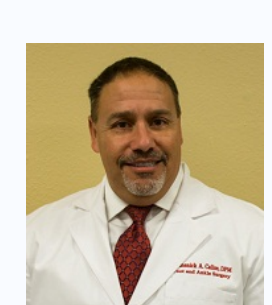
Meet Our Doctors



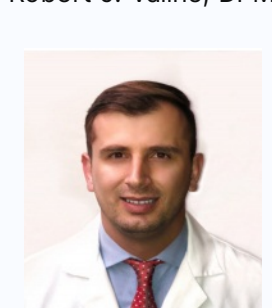
Robert J. Vallins, DPM



Maria B. Walshe, DPM



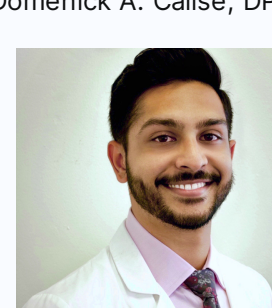
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Wesley Chapel
 2336 Crestover Lane
 Suite 102
 Wesley Chapel, FL 33544

Apollo Beach/Riverview
 Baycare Outpatient Center
 10141 Big Bend Road
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 Baycare/Bloomingdale
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 2470 Bloomingdale Ave
 Suite 210
 Valrico 33596

[Click Here for Hours](#)

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