



Winter 2026



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In this Issue...

- What February's Heart Month Means for Foot Care
- 5 Foot Symptoms You Should Never Ignore
- Recipe of the Month: Marry Me Chicken
- What's Happening in and Around Stratham, NH

FEATURED ARTICLES

What February's Heart Month Means for Foot Care



February is American Heart Month, a reminder that heart health affects far more than just your cardiovascular system or blood pressure readings. In fact, some of the earliest warning signs of cardiovascular disease can appear in an unexpected place: your feet.

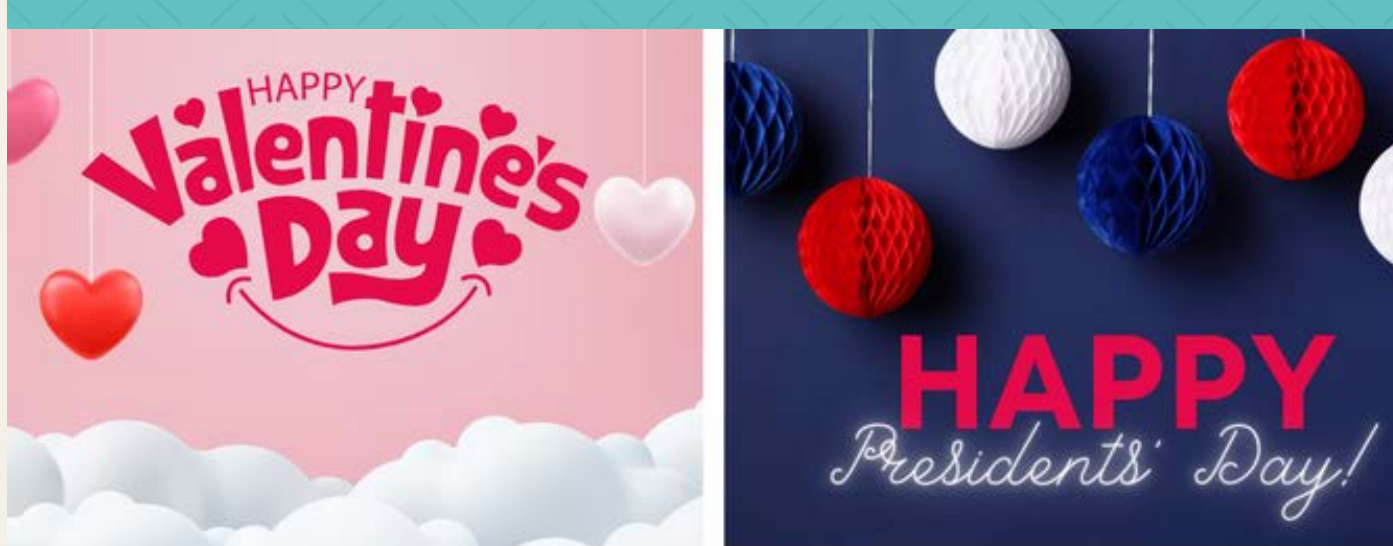
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5 Foot Symptoms You Should Never Ignore

Your feet are with you every step of the way, yet they're often the most overlooked part of your body. While a little soreness after a long day may seem normal, certain foot symptoms shouldn't be brushed aside. In some cases, what's happening in your feet can reveal early warning signs of broader health issues that affect your mobility and overall well-being.



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RECIPE OF THE MONTH



Marry Me CHICKEN

[Click Here for the Full Recipe](#)

Recipe courtesy of delish.com

What's Happening in and Around Stratham, NH

February 14

[Stratham Winter Farmers Market](#)

Cooperative Middle School

Stratham, NH

February 20

[The Fabulous Thunderbirds](#)

Portsmouth, NH

March 7

[Nashua Chamber Orchestra Spring Concert - Beautiful Brahms](#)

Nashua, NH

March 15

[The Foggy Dew](#)

Epping, NH

March 21

[9th Annual End of Winter Bash Veterans Fundraiser](#)

Epping, NH

March 22

[Rock Legends on Ice](#)

Whittemore Arena

Durham, NH

April 1

[The Jive Aces](#)

Portsmouth, NH

April 10-12

[Art of Great Bay](#)

Greenland, NH

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DR. JIM DOLAN
PODIATRIST

MEET OUR STAFF



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