



Spring 2026



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In this Issue...

- Office Updates
- April Focus: Why Foot Health Deserves Attention
- The Dos and Don'ts of Sports Injuries: Protecting Your Feet and Ankles
- Recipes of the Month: Rack of Lamb & Macaroons
- What's Happening in and Around Stratham, NH

OFFICE UPDATES:

EFFECTIVE APRIL 1, 2026, WE WILL BE TRANSITIONING TO A DIRECT CARE – SELF PAY PRACTICE.

Over time, insurance companies have created more red tape, shorter visit times, and higher patient costs — all while limiting what services we can offer. By transitioning to a direct-care model, we can eliminate the middleman and focus solely on what matters – you and your health.



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FEATURED ARTICLES

April Focus: Why Foot Health Deserves Attention



April is Foot Health Awareness Month, a time dedicated to recognizing the essential role our feet play in overall health and mobility. Despite carrying us through thousands of steps each day, feet are often overlooked until pain or dysfunction appears. Prioritizing foot health is not simply about comfort.

[Click Here to Read More](#)

The Dos and Don'ts of Sports Injuries: Protecting Your Feet and Ankles

As winter fades and spring activity ramps up, many people return to outdoor runs, field sports, court games, and weekend recreation. With longer days and better weather comes a surge in movement, and unfortunately, a rise in foot and ankle injuries.

[Click Here to Read More](#)



Hello Spring



RECIPES OF THE MONTH



Rack of LAMB

[Click Here for the Full Recipe](#)

Recipe courtesy of [thepioneerwoman.com](#)



MACAROONS

[Click Here for the Full Recipe](#)

Recipe courtesy of [thepioneerwoman.com](#)

What's Happening in and Around Stratham, NH

April 23

[Richard Shindell](#)

The Wood Barn
Stratham, NH

May 2

[John Legend](#)

The Historic Theater
Portsmouth, NH

May 8-17

[Spiffire Grill Musical](#)

Newmarket Millspace
Stratham, NH

May 9

[6th Annual Great Bay Food Truck Festival](#)

Stratham Hill Park
Stratham, NH

May 17

[Stratham 5k & Kids Run](#)

Memorial School
Stratham, NH

May 22

[603 Diesels Season Opener](#)

New England Dragway
Epping, NH

May 29

[David Lee Roth](#)

Hampton Beach Casino Ballroom
Hampton Beach, NH

MEET OUR DOCTOR



DR. JIM DOLAN
PODIATRIST

MEET OUR STAFF



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