



# NEUHAUS FOOT & ANKLE



For more information, visit our website for [weight loss](#).

## Is my foot pain related obesity?

It's possible! Your feet carry the weight of your body while you are performing your daily activities. Therefore, obesity can cause your foot pain. We have recently implemented a program, Take Shape For Life, into our practice to help our patients become healthy and to reduce the amount of foot pain our patients are experiencing.

No matter what the cause is for your foot pain, it is important that you take care of your foot pain and make an appointment with your local Podiatrist. We want your feet to be **happy** and **healthy**!



Click the book to order your free copy of **Heel Pain 101**



Click the book to order your free copy of **Foot Health 101**

**You CAN lose weight! You CAN be healthy!**  
We are committed to helping you!



For information about the program and to start taking control of your life, please call us at (615)220-8788 or visit our [website](#).

## Health & Weight Loss

Discover the healthy you

- Rapid Weight Loss (2-5 lbs a week)
  - Safe! Physician Recommended
  - Easy & Convenient Meals
- Habits of Health for a Lifetime
  - Free Personal Health Coach
  - Why not you? Why not now?



## Meet Karen ----- A Real Take Shape For Life Story

Last year, my doctor told me I was pre-diabetic. Her advice was to lose weight. I tried several "diets" and lost a few pounds but programs too difficult with my busy schedule. I ended up gaining all the weight back and more. Then a close friend said she had lost 70 lbs on a program with the help of a health coach. I thought this was great, but I was still skeptical. A few weeks later, I went to buy an new outfit and found that size 16 was now too tight! I went home and called my friend to say "I'm ready". That was one of the greatest decisions of my life! I went on the program, and was amazed how easy it was to follow. The weight came off, and in 4 months, I lost 51 lbs. I went from a size 16 to a size 6 and have maintained my weight for 5 months. The best news is that I am no longer pre-diabetic. My blood sugar level is normal, and I lowered my blood pressure. I also



**Donate your shoes to the homeless for "Keeping Nashville on Their Feet!"**

We continue to collect shoes in good condition and deliver them to The Nashville Rescue Mission. Men's athletic shoes, casual shoes, & work boots are most needed. Collection locations include: Kroger on Sam Ridley Pkwy., Fresenius Dialysis Clinic, DaVita Dialysis Clinic, Mayfield Rehab Center, and TN

suffered with daily headaches my entire adult life. Since the program, I no longer have any headaches! Thanks to this program and my health coach, I feel like a new person.

Medicine & Pediatrics and in Murfreesboro at Fleet Feet Sports

**Sept 5 to Oct 30** - [Shuckle's Corn Maze](#) across from Station Camp High School in Gallatin, TN.

**Sept 17 to Oct 31** - [Granddaddys Farm Fall Market](#), Corn Maze, Pumpkin Patch and More in Estill Springs, TN. This fall event will have plenty of activities for the whole family.

**Sept 22 to 24** - [Threadfast Sale](#) at Fifty Forward Knowles in Nashville, TN. Call (615) 743-3400 for more information.

**Sept 23 & 24** - 21<sup>st</sup> Annual Music City Chapter American Truck Historical Society Antique and Working Truck Show in Cookeville at the Hyder-Burks Ag Pavilion.

**Sept 24** - [7<sup>th</sup> Annual Fall Garden Extravaganza](#) from 8-4:30 at the Lane Agri Park in Mboro. The cost is \$5 for adults. Children 12 and under are free. For more info, call (615) 893-5532.

**Sept 24** - Williamson County Community Band, free concert series outdoors at the Thompson's Station Park. The event begins at 5:00 p.m. and features a talented group of musicians. Bring lawn chairs and blankets.

**Sept 24** - [7<sup>th</sup> Annual Fall Garden Extravaganza](#) at the Lane Agri Park in Murfreesboro, TN.

**Sept 24** - [Thompson's Station Fall Festival](#) held at Thompson's Station Park.

**Sept 29** - Downtown Thursdays "Brentwood Motorcycle Show" from 5-8pm on 1st St.

**Oct 1** - [American Heart Association Heart Walk](#) at the Vanderbilt Univ. Campus Sports Field. Join more than 10,000 walkers in festivities and fun for all! Kid and pet friendly.

**Oct 1** - [MTSU's Homecoming Parade and Football game](#). Come join Middle Tennessee State University's centennial celebration. Parade begins at 10am and the football game follows.

**Oct 6** - Downtown Thursday's "Hot Brentwood Nights" from 5-8pm on First St.

**Oct 8** - [Brewsboro Festival](#) from 2-7pm held at The Avenue in Murfreesboro. Tickets are on sale at [www.brewsborofest.com](http://www.brewsborofest.com).

**Oct 8** - [Murfreesboro Walk 2 Cure Diabetes](#) will begin at 8:30am at the MTMC. Preregister [www.jdrf.org/murfreesboro](http://www.jdrf.org/murfreesboro) and raise funds for diabetes research. The event will include breakfast and kids activities.



**Live or work closer to Brentwood?**

Schedule an appointment with our Brentwood location to see Dr. Neuhaus or Dr. Knox. We are located in the TriStar Medical Plaza on the corner of Nolensville Rd. and Concord Rd in Brentwood, Suite 220.

**Want to know what events are going on around town?**

**Here are some events to enjoy with family and friends during the next month. Visit our [Community News](#) page on our website for even more events happening this month.**



**Office Hours for the Smyrna location have changed:**

Mon. 8:00-5:00  
Tues. 7:30-5:00  
Wed. 8:00-5:00  
Thurs. 8:00-5:00  
Fri. 8:00-5:00

**Office Hours for the Brentwood location are:**

Tues. 1:00-5:00  
Thurs. 1:00-5:00  
Fri. 8:00-12:00

**Call (615) 220-8788 to make your appointment with us!**

As an added value to our friends and families, we have created this newsletter to help us stay healthy this year! Please let us know if there are topics of interest to you for future editions.

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