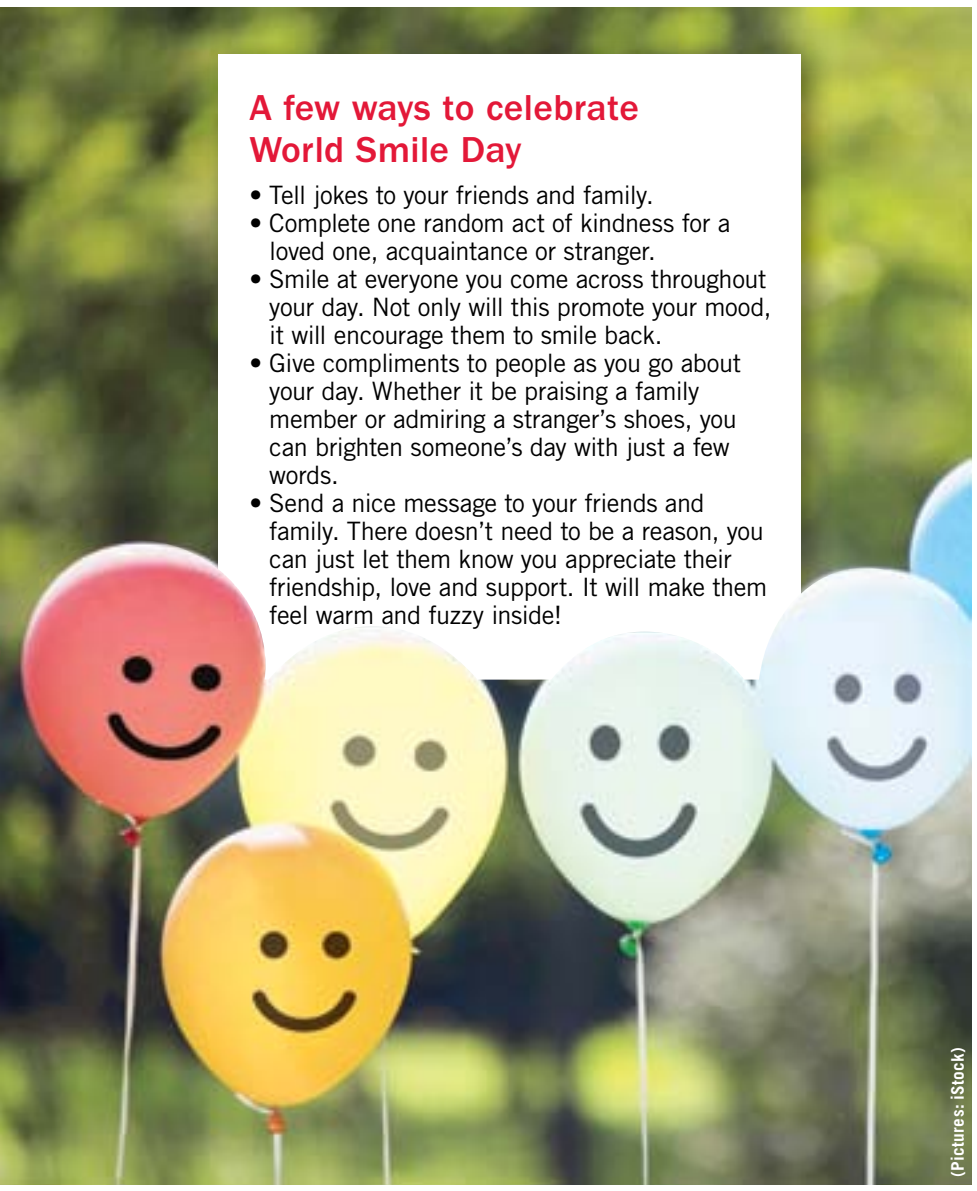
A few ways to celebrate World Smile Day

- Tell jokes to your friends and family.
- Complete one random act of kindness for a loved one, acquaintance or stranger.
- Smile at everyone you come across throughout your day. Not only will this promote your mood, it will encourage them to smile back.
- Give compliments to people as you go about your day. Whether it be praising a family member or admiring a stranger's shoes, you can brighten someone's day with just a few words.
- Send a nice message to your friends and family. There doesn't need to be a reason, you can just let them know you appreciate their friendship, love and support. It will make them feel warm and fuzzy inside!



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Knee Pain or Arthritis?

If you're one of the hundreds of thousands of Australians who suffer knee pain, arthritis or injuries, you know how difficult it can be to find relief, especially long-term relief. But thanks to one of Australia's leading foot, knee and leg pain clinics, you're knee concerns could be a thing of the past!

Foot and Leg Pain Clinics, one of Australia's most experienced foot, knee and leg pain experts, are renowned for providing solutions for the long-term health and healing of knee joints. Founder, Dr. Paul Dowie, has spent over 20 years developing clinically proven and comprehensive treatment plans for assisting pain, injury, degenerative conditions like arthritis and children's growth and development concerns.

The clinics treatment plans have helped thousands of people to:

- achieve long-term pain relief
- alleviate knee arthritis
- heal soft tissue injuires
- improve mobility, knee and foot function
- regenerate knee joints and tissues
- assist growth and development issues
- increase joint and tissue strength and condition
- eliminate the need for anti-inflammatories and medications
- prevent or prolong the need for knee replacements and surgery

If you have foot, leg or knee pain, injuries or arthritis you can see Dr. Dowie at **Foot and Leg Pain Clinics** in Williamstown. **Call 1300 328 300 for appointments.**

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