

THE SOURCE

A VERO NEWSLETTER



WE'VE GOT YOUR BACK DAD!

Here are some some ideas to keep that dad in your life happy, healthy and strong!

- **Ergonomic Chair.** Whether it is the home or work office, getting a proper chair that fits ergonomically to the spine will save him from back pain.
- **Green Tea.** Studies show that green tea is a great way to prevent degenerative spinal conditions and arthritis.
- **New Sneakers.** Getting new sneakers with arch support can make a world of difference for Dad's spine.
- **Perfect Pillow.** Getting Dad a posture correcting pillow, one that curves to his spine, will help him sleep well and avoid neck injuries. Ask one of our doctors what type of pillow they recommend.

HAPPY *Father's* DAY

Dads are incredible powerhouses who drive our world forward. They work tirelessly, often engaging in physically demanding jobs that take a toll on their bodies. Many dads are also active in sports, increasing the risk of injuries. Studies show that men are less likely to seek medical help when injured, leading to prolonged recovery times.

Encourage Dad to get regular adjustments and to always stretch before engaging in physical activities to help prevent injuries.

Happy Father's Day to all the amazing dads who go above and beyond every single day!

YOU DON'T HAVE TO SUFFER FROM KNEE PAIN...

As the weather warms up, it's the perfect time to get active and enjoy the season. Unfortunately, knee pain can be a setback for many. Don't let it hold you back!

DO YOU SUFFER FROM ANY OF THESE SYMPTOMS?

- Swelling Or Stiffness?
- Redness Or Warmth To The Touch?
- Weakness Or Instability?
- Popping Or Crunching Noises?
- Inability To Fully Straighten The Knee?
- Can't Bear Weight On The Knee?

WE OFFER A NEW SOLUTION TO KNEE PAIN

We have developed a unique clinical treatment that combines a drug-free, non-surgical approach with the most advanced **KNEE PAIN RELIEF TECHNOLOGY** available. Many patients are seeing great results, even those who have "tried everything" before.

IT'S TIME TO GET THE RESULTS YOU DESERVE!



SUMMER GIVEAWAY!

PRIZES

- 4 Adventureland Tickets
- \$50 gift card - Black Cat Ice Cream
- 2 Outdoor Rocking Chairs
- Summer Fun Bag (tumbler, towels, etc.)

HOW TO ENTER

- Leave us a Google Review!! (5 tickets)
- Refer a family member or friend!! (5 tickets)
- Give a testimonial!! (3 tickets)
- Do a Facebook Check - In!! (1 ticket)

Let our front desk team know when you have completed one of these tasks so we can give you tickets to enter in the drawing!

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LEAVE A REVIEW

