

THE SOURCE

A VERO NEWSLETTER



Thanksgiving TRIVIA

- 1 Are pumpkins technically a fruit or a vegetable?
- 2 How many places in the U.S. are named Cranberry?
- 3 What is an adult male turkey called?
- 4 How long is the Macy's Thanksgiving Day Parade route?
- 5 When was the first Thanksgiving feast held?

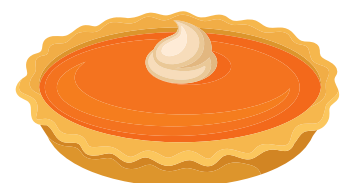
ANSWERS

- 1) Fruit
- 2) Five.
- 3) A Tom.
- 4) 2.5 Miles
- 5) November 1621

WHAT WE ARE GRATEFUL FOR

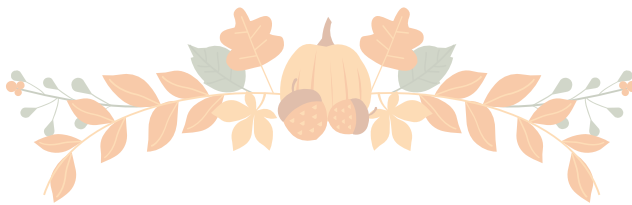
November is one of our favorite months here at Vero! It's a time for gathering with family, cheering on our favorite teams, cozying up as the leaves change colors, and indulging in pumpkin spice everything. But most importantly, it's a season for gratitude – and there's so much we're grateful for this year.

To express our gratitude for all you bring to Vero, we're excited to continue one of our favorite traditions. This month, we'll be gifting a pumpkin pie to every family **represented in office the week of Thanksgiving**. So don't miss out – it's our way of saying thank you for being part of such a memorable year with us!



PIES WILL BE HANDED OUT NOV. 25TH - 27TH


OUR OFFICE WILL BE CLOSED ON NOV. 28TH & 29TH FOR THE HOLIDAY.





HEALTHY FOR HOLIDAYS

As the holiday season is fast approaching, sometimes it brings us more than joy! This is a common time that our bodies may become drained, leading to illness. Here's some tips to stay healthy this fall:


 Incorporate more Vitamin C into your diet

 Stay hydrated

 Eat mindfully

 Make time for self-care

 Keep your workout schedule

 Get adjusted

Remember to enjoy your holiday season but listen to your body and to keep your health as a priority!

Upcoming Doc Talks

Practice members welcome with a non-practice member as a guest!

DATES:

Oct 16th 4:45pm @ Vero - Sciatica & Low Back Pain

Oct 23rd 6pm @ Urban Cellar with Dr. Josiah

Nov 13th 5pm @ Vero - Hormone Talk

Nov 20th 6pm @ Sports Page Bar & Grill with Dr. Josiah

Dec 4th 4:45pm @ Vero - Gut Health & Weight Loss

Dec 11th 6pm @ District 36 with Dr. Josiah



RSVP HERE



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