

THE SOURCE

A VERO NEWSLETTER



*Happy
New Year*

THESE JOKES CRACK US UP

What's a chiropractor's favorite food?

Baby crack ribs.

What do chiropractors and comedians have in common?

They both crack people up.

Why was the chiropractor a good interrogator?

They always got the suspect to crack.

OUT WITH THE OLD, IN WITH THE NEW!

The New Year brings the promise of fresh beginnings and new opportunities to make positive changes in your life. It's the perfect time to set meaningful goals, break away from unhealthy habits, and focus on creating a healthier, happier you. Whether you're considering starting a fitness routine, working toward weight loss, improving your diet, or tackling another aspect of your well-being, there's one important thing to keep in mind: your spine.

Your spine and nervous system are at the core of your body's functionality, and they play a vital role in your overall health. A well-aligned spine supports better posture, improved mobility, and optimal nervous system performance, making it the perfect starting point for any wellness resolution. This year, as you focus on transforming your health, don't overlook the importance of building your goals on a strong and healthy foundation—your spine!

**Cheers to health, happiness
& prosperity in 2025!**

KEEP YOUR SPINE HEALTHY THIS WINTER

Winter’s cold temperatures and seasonal activities can strain your spine, but with a few simple steps, you can stay pain-free.

1. **Stay Active:** Keep moving with indoor exercises like yoga or pilates to maintain strength and flexibility.
2. **Mind Your Posture:** Avoid back strain by lifting with your legs while shoveling and sitting in supportive chairs when indoors.
3. **Stay Warm:** Layer up to prevent muscle tightness, and use heat therapy to relieve tension.
4. **Eat for Bone Health:** Fuel your spine with calcium, vitamin D, and anti-inflammatory foods, and stay hydrated.
5. **Wear Supportive Footwear:** Prevent slips and falls by choosing shoes with good tread and support.
6. **Address Pain Early:** Don’t ignore persistent discomfort—winter activities can exacerbate spinal issues.
7. **Seek Chiropractic Care:** Regular adjustments keep your spine aligned and support overall health.



New Year, New Health: The Perfect Resolution Gift!

Do you know someone who could benefit from care at Vero Health Center? Give them the Gift of Health for just \$20!

This exclusive package includes:

- ✓ A Complete Consultation
- ✓ Neurological Evaluation
- ✓ Muscle Assessment
- ✓ Doctor’s Examination

This special offer is only available for the friends, family, and co-workers of our valued Vero Practice Members. Start their year off right with a resolution they’ll thank you for—better health and wellness! ✨



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