

THE SOURCE

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YOUR HEALTH IS MORE VALUABLE THAN GOLD!

Happy March! As St. Patrick's Day approaches, we're all tempted to count on a bit of luck. But when it comes to your health, relying on luck just won't cut it. Here at Vero, we believe that **consistent, proactive care is your real 'pot of gold.'** This month, we're excited to guide you through how **non-surgical decompression therapy** could be the golden solution you've been searching for, especially if you've been dealing with nagging back pain.

Forget about the myths of finding magic solutions at the end of the rainbow. It's time to invest in something that really works. Let's explore how this innovative treatment can bring **lasting relief and keep you active and thriving**, not just in March but all year long!

WINTER DRIVE SUCCESS!

Community Warm Hearts Shine Through

This past winter was a lot warmer for many, thanks to your incredible generosity. Together, we collected **328 essential items** in our Winter Drive—ranging from **cozy coats to snug blankets**. Your donations didn't just fill a box; they **filled hearts and homes throughout our community** with warmth and comfort during the cold months.

Take a moment to see the tangible impact of your kindness and how, together, we've made a **significant difference!**



DECOMPRESSION THERAPY: A NON-SURGICAL SOLUTION TO BACK PAIN

Let's face it: the only crunch most of us want involves cereal, not our spines. If you're battling back pain, **non-surgical decompression therapy** at Vero might just be what the doctor ordered—minus the actual surgery part, of course. It's like giving your spine a well-deserved mini-vacation, while the rest of you gets to completely relax on a state-of-the-art decompression table.

What's This All About?

Imagine a therapy that stretches your spine so gently and expertly, it could almost be mistaken for a spa treatment. Well, almost. Non-surgical decompression therapy uses a precision-engineered table to **gently separate and relieve pressure between your vertebrae.**

Benefits That Speak Volumes:

- **Pain Relief:** It reduces the kind of back, neck, and sciatica pain that makes you hesitate before picking up a dropped coin.
- **Mobility Boost:** After a few sessions, you might feel like auditioning for a musical, or at least bending over without making sound effects.
- **Skip the Scalpel:** Many patients have opted out of surgery due to the effectiveness of this therapy, choosing a less invasive route to pain relief and recovery.



Real Results From Real People:

Many come to us burdened by discomfort and leave significantly revitalized, ready to resume their daily activities with renewed ease and mobility.

If you're tired of back pain cramping your style, why not stretch the possibilities with non-surgical decompression?

It's less "ouch" and more "ahh," and it could just be the solution you need to get back to feeling like your old self again—**only better.**



Upcoming Talk:

NON - TOXIC LIVING

Are your everyday products as safe as they seem? From skincare to cleaning supplies, hidden toxins are everywhere.

Come join us to uncover hidden toxins, understand ingredient labels, and make easy, non-toxic swaps for a healthier life!



March 26, 2025



5:00 PM



Vero Health Center, 630 S 50th St,
West Des Moines



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