



THE SOURCE

A VERO CHIROPRACTIC NEWSLETTER



FROM THE DOCS //

It's Back-To-School Season...

It felt like we were just welcoming Summer break and now we are gearing up for Back-To-School! From sharpening your pencils to picking out the perfect backpack, the first bell ring is only a few weeks away!

Back-to-school season is the perfect time to start getting back into a routine and back on the healthy bus. If Summer vacations and kids home from school has prevented you from getting into our office regularly, then we are hopeful with the start of the new school year we will see you more often!

One thing often overlooked as your child puts on their backpack each day is the damage the weight and positioning their bags can have on their spine. We are offering free backpack checks for our current Practice Members and their families. Bring your (or your child's) backpack in to your next appointment!

HIGHLIGHTS //

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New Face At Vero!

THE IMPORTANCE OF DRINKING WATER //

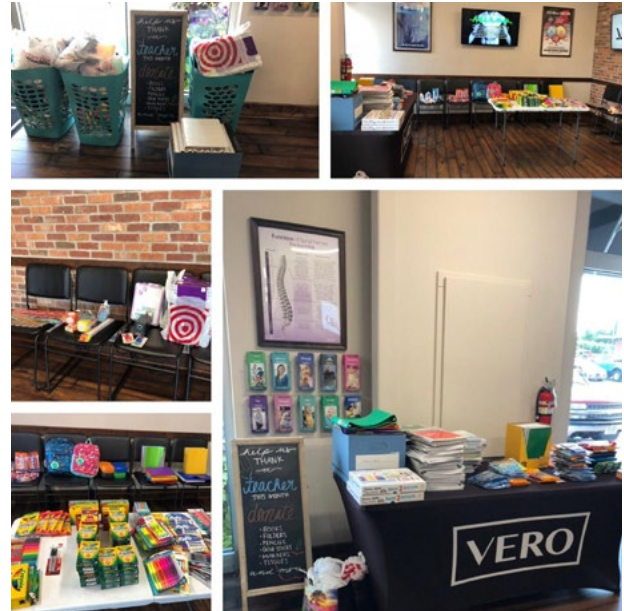
Many people already know the importance of water and staying hydrated has on your overall health. However, what you might not be aware of is why. At Vero Chiropractic, water is a key component to reinforcing the treatments you receive in our office. Let's dig a little deeper into why water is so important.



[READ MORE >>](#)

VERO GIVES BACK //

Thank you to everyone who donated to our TEACHER DRIVE! We were able to raise a whole truckload of supplies to donate to school teachers so that they do not need to spend their own money this year for classroom supplies.



MEET SHERI //

Hi, my name is Sheri! I was born in KC, MO, grew up in DSM & graduated from ISU. I enjoy spending time with my 3 grown children. I have recently married the man of my dreams and moved back to the DSM area. I enjoy teaching and practicing hot yoga, following the Chicago Cubs & traveling. I am excited to be a part of the Vero Team, helping people live their best life possible!



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