

THE SOURCE

A VERO NEWSLETTER



**HAPPY
BIRTHDAY
TO VERO**

Summer SAFETY TIPS

- **HYDRATE**
Drink 6-8 glasses of water to help keep you cool!
- **PROTECT YOUR SKIN**
During the hours of 11 AM - 4 PM reapply a high SPF sunscreen every 2 hours
- **WEAR SUNGLASSES**
Wear sunglasses with 100% UV (ultraviolet) protection

SUMMER HYDRATION TIPS

We love summer, but we want to make sure everyone stays hydrated during this extreme heatwave! ☀️💧 Remember to drink plenty of water. Here are some fun water facts to keep you motivated:

Water makes up about 60% of the human body – it's essential for almost every bodily function!

Staying hydrated can improve your mood and energy levels – dehydration can lead to fatigue and irritability.

Drinking water can help with weight management – sometimes our bodies mistake thirst for hunger.

Water helps regulate your body temperature – especially important during these hot summer days.

On average, you should aim to drink about 8 cups of water a day – but you might need more in this heat!

Water keeps your skin looking healthy – staying hydrated helps maintain your skin's elasticity.

Drinking water can help prevent headaches – dehydration is a common cause of headaches.

Water is a natural detoxifier – it helps flush out toxins from your body.

Stay cool, stay hydrated, and enjoy the summer safely! 💧

Happy Birthday to Vero!

It's our birthday month! July 10th is our official birthday, but we will be celebrating and reflecting all month long. We are looking back on the incredible 7 years of business and all of the generous and supportive people that have been apart of this journey. Whether you have been with us from the beginning or if you just got started, we are so grateful to have the opportunity to celebrate with you! We have enjoyed every moment of this healing journey and look forward to the years to come. We have had a year full of accomplishments. Here are some of our favorites:



Growing our staff with incredible doctors and team members to help serve our practice members.



The traditions that take place in our office, including handing out 700+ pumpkin pies at Thanksgiving, dressing up for Halloween, 12 Days of Christmas, and many different drives to make a difference in our community.



Witnessing more than 1,000 people receive hope and healing through our neurologically-based care each week.



Winning a Best of Des Moines competition every year since our opening.

Upcoming Doc Talks



Eliminate Pain & Discomfort

DATES:

- July 15 @ 6pm | Urban Cellar
- July 22 @ 6 pm | Urban Cellar

RSVP HERE



SECURE YOUR SPOT TODAY >>



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