

# THE SOURCE

A VERO NEWSLETTER



## HOLIDAY WORD SCRAMBLE

- 1 GBDIARGNEER MNA
- 2 OENNRTSAM
- 3 PTRESESN
- 4 RNEDEIRE
- 5 SGILHE
- 6 SOMWNNA
- 7 HDILOYA
- 8 NTROH PLOE

### ANSWERS

1. Gingerbread Man
2. Ornaments
3. Presents
4. Reindeer
5. Sleigh
6. Snowman
7. Holiday
8. North Pole

## Wishing you a happy Holiday season!

It's the most wonderful time of the year! We started off the holiday season by handing out over 700 pumpkin pies to each of our practice members the week of Thanksgiving. We had so much fun expressing our gratitude! We appreciate all of you.

This month we'll continue the holiday traditions with our 12 Days of Christmas celebration. We will hand out gifts and goodies December 8th through December 23rd, building excitement and anticipation for the holidays to come. Be sure to come in for your appointments so you don't miss out!

As we look towards Christmas and the end of a crazy year, we hope you are surrounded by people who bring you peace and hope. Merry Christmas, Vero family!

## CARE DURING THE HOLIDAYS

The holidays can be a very stressful time. While there is so much to be grateful for, it can be easy to get wrapped up in everything and forget to take care of your own health. Here are 4 reasons why it is good to visit your chiropractor during the holiday season.

1. *Stress.* Your body deals with stress through tensing up, headaches, stomach aches, low back pain, etc. Many people "throw their back out" around the holidays due to their increased stress levels. It is important to get adjusted to treat and prevent injuries.
2. *Improving Digestion.* One of the best parts about the holiday season is all the candies and cookies we get to enjoy. However, these sweets can take a toll on our digestive system. Getting adjusted ensures that your nervous system is functioning properly, meaning that your body will start working better. This allows your brain and digestive system to communicate more effectively.

3. *Travel.* This is the busiest time of year for traveling which takes a toll on your body. A kink in the neck from sleeping in the car or a tight shoulder from lifting heavy luggage can be prevented by getting adjusted before and after your trip.

4. *Cold & Flu.* Being stuck inside and decreased vitamin D levels impacts our health. Getting adjusted regularly helps balance the nervous system and boost the immune system.



### MEET MAITLIND

*I was born and raised in the river city of Clinton, Iowa. I began my healthcare career in the dental field, but eventually found a true interest and passion in chiropractic care! Working at Vero, I am honored to serve each practice member with the utmost care and compassion. When I'm not at Vero, you can catch me playing tennis, learning a new instrument, or kickin' it with my pug, Stevie.*

As our Finance Manager, Maitlind is usually behind the scenes working on balancing your account and verifying your insurance! Be sure to say hello on your next visit!

### CONNECT WITH US



### LEAVE A REVIEW

