

# THE SOURCE

A VERO NEWSLETTER



## YEAR IN REVIEW



Started offering Hormone Replacement Therapy



Celebrated our 6th Birthday on July 10th



Handed out 702 Pumpkin Pies



Added 18 New Team Members

2024  
HAPPY NEW YEAR

## NEW YEAR, NEW BEGINNINGS

With the New Year off to a brand new beginning, it's a great time to start over. Set new goals. Break bad habits. Resolve to become healthier.

If you're thinking about starting a fitness program, losing some weight, eating a better diet, or improving some other health behavior, remember your spine! A healthy spine and nervous system should be the starting point of any New Year's resolution to better health.

We thank you all for a busy and wonderful 2023. Although 2023 will be a hard year to beat, we look forward to the opportunities to continuously grow and serve all of our practice members. We have so much planned for 2024 and we can't wait to share them with you all!

**Cheers to health, happiness,  
and prosperity in 2024.  
Happy New Year, Vero family!**

# HOW TO KEEP YOUR SPINE FROM FREEZING THIS WINTER

As the winter season creeps in, many of us begin to feel a chill not just in the air, but in our bones too. And no, it isn't just your imagination, it's your spine begging for some TLC!

While cold weather doesn't directly cause back pain, it can lead us to some unhealthy habits during these chilly months.

First, it's important to keep stretching! Simple stretches can make a big difference for your spine. Think if it like a morning coffee for your back - an essential start to the day.

Next, don't let the chilly weather make you go into hibernation mode. Keep moving! Your body needs routine movement and exercise as it keeps the blood flowing and your muscles warm!

Last but certainly not least, keep your posture in check. It's tempting to curl up into a ball on the couch in front of the fireplace. But this isn't doing your spine any favors. Be mindful of your posture!

Keep your spine warm, keep it moving, and most importantly, keep it happy!



## MEET DAYNA

*I am a Board Certified Neuropathy care specialist at Vero. I absolutely love giving people answers and solutions to their neuropathy diagnosis and watching the amazing progress of our practice members. I will be celebrating 40 years of marriage this August and we are celebrating by taking a trip to PV Mexico at the end of Feb and early March. We have 3 beautiful adult children and 2 beautiful grandsons. Bob and I love spending every moment we can with all of them.*

### Fun Facts About Dayna...

1. I am one of seven my parents had 3 boys and 4 girls. I am second to the youngest.
2. I have rode in several Ragbrai's and road every mile in 2 of them.
3. One of my favorite places to volunteer is Urban Food Bike ministry taking food and necessities to the homeless.

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