

THE SOURCE

A VERO NEWSLETTER



WE'VE GOT YOUR BACK DAD!

Here are some ideas to keep that dad in your life happy, healthy and strong!

- **Ergonomic Chair.** Whether it is the home or work office, getting a proper chair that fits ergonomically to the spine will save him from back pain.
- **Green Tea.** Studies show that green tea is a great way to prevent degenerative spinal conditions and arthritis.
- **New Sneakers.** Getting new sneakers with arch support can make a world of difference for Dad's spine.
- **Perfect Pillow.** Getting Dad a posture correcting pillow, one that curves to his spine, will help him sleep well and avoid neck injuries. Ask one of our doctors what type of pillow they recommend.

— HAPPY — Father's Day

Dads are awesome. They are the powerhouses that help drive our world. They work hard, many times doing physical labor that takes a toll on their body. Many dads are active in sports, which makes injuries more common. According to studies, men are less likely to seek medical assistance and attention when they are injured which makes injuries last longer.

Encourage Dad to get regularly adjusted and always stretch before physical activities to help prevent injuries.

Happy Father's Day to all of the incredible dads that go above and beyond every single day!

BENEFITS OF HORMONE REPLACEMENT THERAPY (HRT)

Are you looking for a safe and effective way to feel like yourself again? Hormone replacement therapy is a treatment for many common and debilitating symptoms, such as exhaustion, foggy thinking, weight gain, fatigue, sleep disturbances, low sex drive, hot flashes, night sweats and so much more.

Replacing and balancing your hormones can literally restore your quality of life. The resolution of physical, mental, and emotional symptoms is the norm reported by our patients.

Benefits Commonly Experienced By Men & Women:

- Increased energy and stamina
- Increased lean muscle mass and strength
- Decreased abdominal weight gain
- Less fatigue
- Improved focus and memory
- Better sleep
- Improved overall sexual function
- Stronger bones
- Thicker hair
- Improved mood
- Less joint pain
- Resolutions of hot flashes and night sweats
- Fewer headaches
- And more!

The overall benefit of hormone replacement therapy is restoring your sense of vitality, health, and overall well-being



NEUROPATHY BINGO NIGHTS

Mark your calendars for our upcoming neuropathy bingo nights! Join us for FREE dinner and \$500 in prizes! RSVP to the event on our Facebook page! We can't wait to see you!



NEUROPATHY BINGO NIGHT

Wednesday, June 7th & June 21st

5:00 - 6:00PM

630 South 50th Street
West Des Moines, IA 50265

Current Practice Members:
Please bring a friend to introduce to Vero!

Quick Neuropathy health talk followed by dinner and BINGO with prizes!

More info at:
marketing@verohealthcenter.com | 515.422.6946



CONNECT WITH US



LEAVE A REVIEW

