



# THE SOURCE

A VERO CHIROPRACTIC NEWSLETTER



## FROM THE DOCS //

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### Don't "Fall" Into Bad Habits...

The air is getting crisp and the temperatures are dropping. Often times we also see practice members staying tucked into their warm beds and miss more appointments. Don't let this be you!

Even one missed visit in our office is an opportunity for progress and improved health lost. The last thing we want to see is that happen to you, which is why we make every appointment in our office count, getting you one step healthier and one step closer to the life you deserve!

Can't wait to check-in with you at your next visit!

## HIGHLIGHTS //

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**01**

Don't "Fall" Into Bad Habits

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**02**

Consistency Is Key

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**03**

Trick-Or-Treat At Vero

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**04**

Food Is On Us...

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**CONSISTENCY IS KEY //**

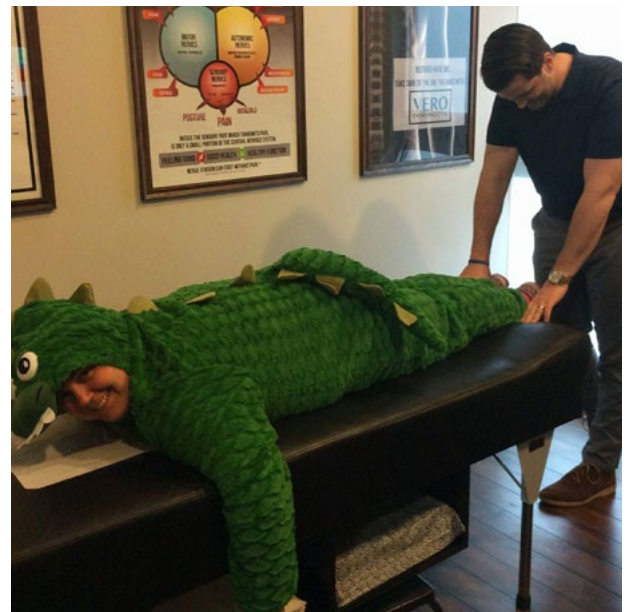
Throughout your daily life, you are making critical decisions that can either damage your health or choices that can help sustain or improve your health. Sounds simple enough. However, these daily decisions add up to equate to your overall health standing. Healthy habits multiply over time when done consistently.



[READ MORE >>](#)

**TRICK-OR-TREAT AT VERO //**

Who doesn't love an excuse to get dressed up? Feel free to wear your costume this Halloween for your adjustment and we may just have some treats for you!!



**FREE HEALTH TALK & BREAKFAST OR LUNCH!**

We would love the opportunity to share the many benefits of neurologically-based chiropractic care with you and your co-workers through a FREE health talk! We will provide breakfast or lunch for your office and offer a brief presentation on chiropractic care, well-being and how Vero can help you find a path to better health!

We will be in and out in 15-20 minutes! Remember.. There's no obligation, just free food!

If you are interested in a FREE Health Talk for your office with the choice of breakfast or lunch, please contact Emilie Pavon [pr@verochiropractic.com](mailto:pr@verochiropractic.com) or [CLICK HERE!](#)

PLUS >> Schedule a Health Talk and get entered to win a 50" TV!!

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**LEAVE US A REVIEW //**

