



THE SOURCE

A VERO CHIROPRACTIC NEWSLETTER



FROM THE DOCS //

The Most Wonderful Time Of Year...

If you're like us, you might be scratching your head wondering how can it be December already?! Time really does fly when you are having fun, and 2019 was nothing short of a blast!

From welcoming two new doctors to handing out 577 pumpkin pies, our year has been SO full and we are beyond grateful for our Vero family - that includes YOU!

Join us this month for our 12 Days of Christmas celebration! Every day we are open in December, we will be sharing a special treat with you during your appointment! It's the perfect way to get into the holiday spirit!

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THE BENEFITS OF EATING A PLANT-BASED DIET //

You may have heard about the many benefits of a plant-based diet on your health. Adopting a plant-based diet can not only keep you healthy, but more importantly can help your body heal from the inside out.



[READ MORE AT VEROCHIROPRACTIC.COM >>](http://VEROCHIROPRACTIC.COM)

GIVE DIGNITY TOY DRIVE //

For this year’s toy drive, we are partnering with Give Dignity. Renew Resale Shop creates a GIVE DIGNITY section in their thrift store during the holiday season, which includes donated toys, games, arts/crafts, books and more for low-income families to shop for their loved ones this holiday season. **Our drive takes place now until December 13th.**



DON'T LET YOUR FSA / HSA ACCOUNTS GO TO WASTE...

If you have an FSA / HSA Health Saving Account and know that the dollar amount in your account will expire at the start of the New Year; we offer “Plan Extensions” you can pay ahead on your current plan using your FSA / HSA savings!

Talk to us at your next appointment or call if you want to extend your plan using your FSA / HSA and take advantage of the money you put into your account without it expiring.



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