

THE SOURCE

A VERO NEWSLETTER



It's the most wonderful time of the year!

The holiday season is HERE! We kicked off the celebration by handing out nearly 600 pumpkin pies to each of our practice members (that's you!) the week of Thanksgiving. In a world full of confusion and chaos, we had so much joy expressing our gratitude for our incredible Vero community!

This month, we'll continue the celebration with **12 Day of Christmas**. We'll hand out gifts and goodies December 8 through December 23, building joy and anticipation for the holidays to come. Don't miss out!

As we look towards Christmas and the end of a wild year, we hope you are surrounded (virtually or in-person) by people who bring you peace and hope. **Merry Christmas, Vero family!**

VERO

HEADACHES & CHIROPRACTIC

Have the toll of the holidays and a crazy year given you a few headaches? We get it! Below are the types of headaches you may experience:

- **Tension Headaches:** One of the most common types of headaches, a tension headache includes a pressing or tightening feeling of mild to moderate intensity with pain lasting from 30 minutes to one week.
 - **Migraine Headaches:** A migraine is a recurrent headache that lasts up to 72 hours, featuring unilateral pulsating pain of moderate to severe intensity.
 - **Cluster Headaches:** This type of headache produces severe pain around the eyes or along the side of the head. Attacks usually last from 15 minutes up to 3 hours and have been known to occur 8 times in a single day.
- Interested in learning more and finding out how to get rid of your headaches?

[Read more >>](#)



TOYS FOR TOTS

We're partnering with Toys for Tots to give children in need a cheerful Christmas morning this year. **You can take part by bringing new or unwrapped toys to our office through December 10.** The age groups are 0-3 non-gender specific, 4-8 gender specific, and 9-14 gender specific. Thank you for helping us bring joy to our community!



MEET KASSIDY

Hi! My name is Kassidy. I'm from Iowa Falls but moved to West Des Moines after graduating from Simpson College. I'm thrilled to be joining the Vero team I admired so much as a practice member. With a degree in public relations, I hope to share the help and hope Vero gave to me. Outside of work, I enjoy traveling, spending time outdoors, and eating at our amazing local restaurants with my boyfriend, Daniel. Our favorite place we've traveled to is Australia, but the list of places we hope to visit is quite long!

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