

# THE SOURCE



A VERO NEWSLETTER



## HAPPY HALLOWEEN

### HEALTHY TRICK OR TREAT OPTIONS

Fruit Pouches



Mini Popcorn Packs

Fruit Leathers



Granola Bars

Cuties, Raisins or Fruit Snacks



# FALL *giveaway*

- 1** Refer a new patient to Vero who shows up for their first appointment (3 tickets)
- 2** Give Vero a Google review (1 ticket)
- 3** Vote for Vero for the Metro's Best Chiropractor using the QR code to the right and scrolling to lines #196 and #200 (1 ticket)



**VOTE HERE**





# Upcoming Doc Talks

Practice members welcome with a non-practice member as a guest!

### DATES:

Oct 16th 4:45pm @ Vero - Sciatica & Low Back Pain

Oct 23rd 6pm @ Urban Cellar with Dr. Josiah

Nov 13th 5pm @ Vero - Hormone Talk

Nov 20th 6pm @ Sports Page Bar & Grill with Dr. Josiah

Dec 4th 4:45pm @ Vero - Gut Health & Weight Loss

Dec 11th 6pm @ District 36 with Dr. Josiah



RSVP HERE

SECURE YOUR SPOT TODAY >>



## FALL INTO WELLNESS WITH CHIROPRACTIC CARE

As the leaves change and temperatures cool, fall brings a season of activity—yard work, raking leaves, and preparing for the winter ahead. These tasks can put extra strain on your body, especially your back and joints. Chiropractic care is an excellent way to maintain your body’s alignment and prevent seasonal aches and pains.

Whether it’s improving posture, reducing muscle tension, or treating injuries from slips and falls, chiropractic adjustments help keep you moving comfortably through the season. Regular visits also boost your immune system, helping you stay healthy as cold and flu season approaches.

### CONNECT WITH US



### LEAVE A REVIEW

