

# the source

VERO

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## SLEEP BETTER, STAY HEALTHIER THIS SEASON

As the weather cools down and cold and flu season rolls in, it's more important than ever to keep your body strong and your immune system in top shape. Did you know that neurologically based chiropractic care can help with that? When your nervous system functions optimally, your body can better regulate sleep, stress, and immune responses—helping you rest deeper and fight off illness more effectively.

Many practice members notice improved sleep quality and more energy once their spine and nervous system are in better alignment. So if you're finding it harder to wind down or feel run-down this fall, let's make sure your body is ready to take on the season!



## EMPLOYEE SPOTLIGHT: DR. COLBY

If you've spent any time around the office, chances are you've already met Dr. Colby—one of our incredible doctors here at Vero. His journey into chiropractic began back in high school after dealing with sports injuries. He was impressed by how thorough and genuinely caring his chiropractor was, which inspired him to want to help others in the same way.

Dr. Colby says his favorite part about working at Vero is the people: **"I love the team, the practice members, and seeing how much we can change the lives of others."** Outside the office, you can usually find him outdoors with his wife and three kids—hiking, biking, or cheering on the Cyclones!

## A SWEET VERO TRADITION: PIE GIVEAWAY!

Nothing says Thanksgiving like pie—and at Vero, we're keeping the tradition alive! During the last week of November, every practice member who comes in for an appointment will receive a free pie (one per family). It's our way of saying "thank you" for being part of the Vero family and trusting us with your care all year long.

This is one of our favorite traditions—our team loves seeing all the smiles as practice members head out with their pies in hand. We can't wait to celebrate this fun tradition with you again and send everyone



## FALL GIVEAWAY – ENDS NOVEMBER 30TH!

There's still time to enter our Fall Giveaway! Two winners will take home cozy fall prizes like a Wilson Cider House gift card or a Solo Stove bonfire kit. Earn entries by leaving a review, voting in the CityView contest, sharing your story, or referring a friend!

*Scan the code  
to enter today!*



## THANKFUL HEARTS, HEALTHY LIVES

November is all about gratitude, and we're so thankful for each of you who walks through our doors. Between the pies, the giveaway, and the care you give to your health, there's a lot to celebrate this month. Here's to good rest, strong immune systems, and plenty of pumpkin pie ahead!