



ALLERGY SEASON IS AROUND THE CORNER

As the snow melts and flowers start to bloom, many people begin to feel the effects of seasonal allergies. While we often think of allergies as just a sinus issue, your nervous system plays a major role in how your body responds to environmental stressors.

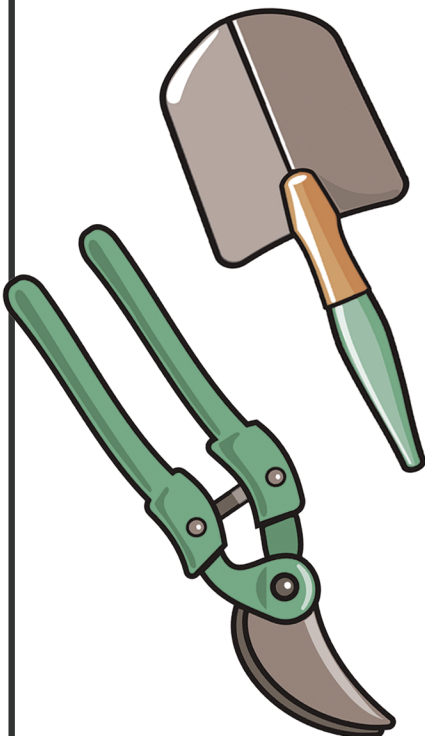
Neurologically based chiropractic care helps eliminate nerve interference so your body can better regulate immune responses. When your nervous system functions optimally, your body is better equipped to adapt to seasonal changes. If spring tends to bring congestion, sinus pressure, or fatigue, let's talk about how care at Vero may help you breathe a little easier this season.



GET BACK TO GARDENING WITHOUT THE ACHE

Warmer days mean yard work, gardening, and getting back outside. But shoulder and knee pain can quickly take the joy out of those spring projects. Our regenerative medicine protocol is designed to support healing and recovery for those dealing with joint pain, especially in the shoulders and knees.

Think of it like tending a garden. When the foundation is healthy and supported, growth happens naturally. By combining regenerative medicine with neurologically based care, we help create the right environment for your body to heal and function the way it was designed to. If you want to dig, plant, and move this spring without discomfort, ask us how this protocol may help.





THANK YOU FOR VOTING VERO!

We are incredibly honored to share that Vero was recognized in this year's CityView awards! Thanks to your support and votes, we were named Winner for Best Local Chiropractic Clinic, Best Local Employer, and Best Local Holistic Health Center, along with Runner Up for Best Local Customer Service Overall.

These awards mean so much to us because they reflect the experience you have in our office every day. Thank you for trusting us with your care and for continuing to support our team. We are grateful to serve this community and proud to grow alongside you.

MARCH COMMUNITY DRIVE: SLEEP IN HEAVENLY PEACE

This month we're partnering with Sleep in Heavenly Peace, an organization dedicated to making sure no child has to sleep on the floor. From March 2nd through March 31st, we'll be collecting new twin size bedding and pillows to support local families in need.

We're accepting new twin size sheet sets, bed-in-a-bag sets, comforters, waterproof mattress covers, and standard pillows that are still in their plastic sleeves.

Thank you for helping us make a difference this spring.



**NO KID SLEEPS
ON THE FLOOR
IN OUR TOWN!**

LOOKING AHEAD

Spring is a season of renewal, growth, and fresh starts. We're excited to help you move into this new season feeling your best while also serving our community together. Thank you for being part of the Vero family.

verohealthcenter.com • 515.422.9552 • 630 S. 50th Street, WDM 50265