

the source

VERO

VOL 101 ————— APRIL 2026

A NEW WAY TO SUPPORT HEALING: SHOCKWAVE THERAPY

We're excited to bring shockwave technology by Hydrowave into the office as another way to support healing and recovery. This therapy uses gentle acoustic waves to stimulate blood flow and encourage the body's natural healing processes, especially in areas that tend to be slow to recover like shoulders, knees, and other joints.

It's a great option for those dealing with lingering discomfort, stiffness, or old injuries that just have not fully resolved. If you're curious about how it works or whether it might be helpful for you, feel free to ask us next time you're in. We're also offering Vero practice members the opportunity to try a first session at no cost as a way to experience it for yourself.

SPRING INTO HEALTHY HABITS

Spring is the perfect time to reset and build healthy habits. As the weather warms up, getting outside for fresh air and movement can make a big difference in how you feel. Whether it's walking, biking, or getting back into a workout routine, even small steps can boost your energy, mood, and overall health.

Spending time outdoors also supports better sleep, reduces stress, and helps your body function more efficiently. If you've been waiting for the right time to get back into a routine, this is it. Let's make this a season of movement, growth, and feeling your best.



THANK YOU FOR SUPPORTING OUR SPRING DRIVE

We want to say a huge thank you to everyone who contributed to our March drive with Sleep in Heavenly Peace. Because of your generosity, we were able to collect bedding and supplies that will directly impact children in our community.

It's always incredible to see what we can accomplish together. Thank you for helping us make a meaningful difference beyond the walls of our office.

DECOMPRESSION SPECIAL – SPREAD THE WORD

Many of you have experienced the benefits of decompression therapy firsthand, from less pressure to better movement. It's something that's hard to fully understand until you feel it yourself.

Right now, current practice members can try a session at no cost, and new patients can receive an exam, consultation, and first decompression session for \$37.

If you'd like to try it, talk to the front desk to schedule your free session. And if it's helped you, consider sharing that experience with someone who could benefit too.

**TRY IT YOURSELF
OR TELL A FRIEND!**

LOOKING AHEAD

We love seeing our Vero community continue to grow, stay active, and support one another. Thank you for being part of what makes this place so special. Here's to a strong, healthy spring ahead!

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