

the source

VERO

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CELEBRATING MOMS THIS MONTH

Mother's Day is a special time to recognize the care, strength, and love that moms bring into our lives every day. Whether you're a mom yourself or celebrating one, it's a great reminder to slow down and appreciate the people who do so much for others.

It's also a great time to remember that taking care of yourself matters too. When your health is supported, you're better able to show up for the people who depend on you. However you're celebrating this month, we hope it's filled with appreciation, rest, and time with those you love.

GUT HEALTH AND WHOLE BODY WELLNESS

Your gut plays a major role in how you feel day to day, from digestion and energy to immune function and overall wellness. When your gut is not functioning properly, it can show up in ways that do not always seem connected, like fatigue, brain fog, or discomfort after meals.

Our gut health program is designed to support your body from the inside out, helping restore balance and improve how your system functions as a whole. If you've been dealing with ongoing digestive issues or just want to feel better overall, this could be a great place to start. Talk to one of our doctors or the front desk to learn more about how this program works.



MAKE THE MOST OF SPRING MOVEMENT

With longer days and warmer weather, May is the perfect time to get back into a routine of movement. Whether it's walking, biking, gardening, or just spending more time outside, consistent activity can boost your energy, improve your mood, and support your overall health.

You don't have to do anything extreme to see benefits. Even small, consistent habits can make a big difference over time. Find something you enjoy, get outside when you can, and let this season be a fresh start for your health.



TEAM MEMBER SPOTLIGHT: NATALIE

If you've been around the office, you've likely met Natalie and experienced her friendly energy. She loves being part of the Vero team and says her favorite part of working here is how fun and welcoming everyone is.

Outside of the office, Natalie enjoys spending time outdoors, especially taking her dog Aspen on walks or playing bags with friends. She also sings on the worship team at her church, which is a big part of her life. We're so grateful to have her as part of the Vero family!

FROM OUR VERO FAMILY

We're grateful for each of you who allows us to be part of your health journey. Whether you're just getting started or have been with us for years, we love seeing your progress and growth!

Here's to a healthy, active, and meaningful month ahead.