

DECEMBER 2023 NEWSLETTER


*Happy
Holidays*


*from all
of us at*


healthyways
integrated wellness solutions

*Celebrate the Season
with HealthyWays*



Christmas Basket Program

Earn Tickets to WIN Our Holiday Basket

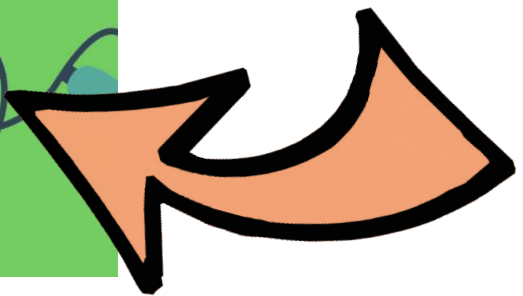
- **20 Tickets for each New Patient Referral**
- **1 Tickets for each Scheduled & Maintained Chiropractic Appt**
- **2 Ticket for each Product Purchase**
- **2 Tickets for a Shockwave Treatment Appointment**
- **2 Tickets when you check in on Facebook at your appointment**
- **2 Tickets for each donation going to Light of Life Mission**



Win this Amazing Basket created by Dr. Joe during our Ticket Program!



Have You Been Earning Tickets to WIN?



CONGRATULATIONS
CHRISTY P.

Christy won a Fresh Turkey during our Referral Ticket Program! We hope you enjoy and thank everyone for their referrals!





Congratulations to Our
December Patient of the Month

Ruth R.

WILL RECEIVE A GIFT CERTIFICATE TO HEALTHYWAYS AS WELL AS A RESTAURANT GIFT CERTIFICATE! AS A THANK YOU FOR BEING AN EXEMPLARY PATIENT! ADAM COMPLETED HER TREATMENT PROGRAM AND REFERRED TO OUR OFFICE
LOOK FOR YOUR NAME HERE IN COMING MONTHS!



WELCOME NEW PATIENTS

Beth G.	Jack H.	Mary M.	Julia K.	Precious A.
Erin O.	Ken P.	Nick S.	Rachel B.	Scott W.
Sonya M.	Bill F.	Heather D.	David M.	Lance C.

THANK YOU FOR YOUR REFERRALS

Jennifer M.	Kevin S.	Christy P.
Trish H.	Chris R.	Ken B.
Rena Z.	Carol R.	Stephen M.
Erica C.		



GIFT IDEA

CLINICAL GRADE CBD ROLL ON OR PRO SPORTS CREAM

HEALTHYWAYS HAS THE BEST CBD FOR YOUR HEALTH!

GET A FREE LARGE
THERAPY PACK WITH
YOUR PURCHASE!

BENEFITS OF CBD

- PAIN RELIEF
- COMBAT ANXIETY & DEPRESSION
- ANTI-SEIZURE PROPERTIES
- RELIEVE CANCER SYMPTOMS
- HEART HEALTH
- PREVENT DIABETES
- NEUROPROTECTIVE PROPERTIES




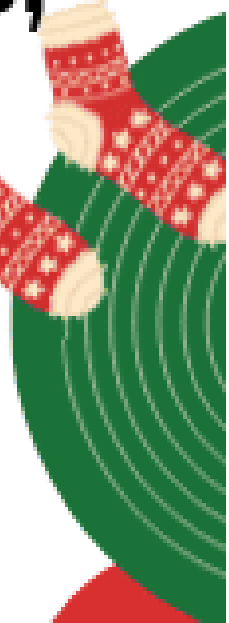
*Merry
Christmas*
& HAPPY NEW YEAR

Top trending HealthyWays
Christmas Gift...
FOAM ROLLERS!








Join HealthyWays in Collecting New Socks, Hats, Scarves & Gloves



Donations going to
The Light of Life
Mission of Pittsburgh!
You will earn 2 tickets
for our Basket
Program with your
Donation!



Light of Life transforms lives through the love of Christ by providing food, shelter, and hope to men, women, and children experiencing homelessness, poverty, or addiction to restore them as healthy members of our community.



PRODUCT SPECIAL AIRMAXX

only \$39.95



**NEW Strawberry
Flavor**



- Supports proper respiratory function
- Contains ingredients to maintain histamine levels within normal ranges
- Supports healthy balanced immune system function and contains potent antioxidants
- Support for itchy eyes, skin and nose
- Support for runny or stuffy nose
- Support for red, splotchy skin
- Support for discomfort associated with respiratory dysfunction or skin irritation

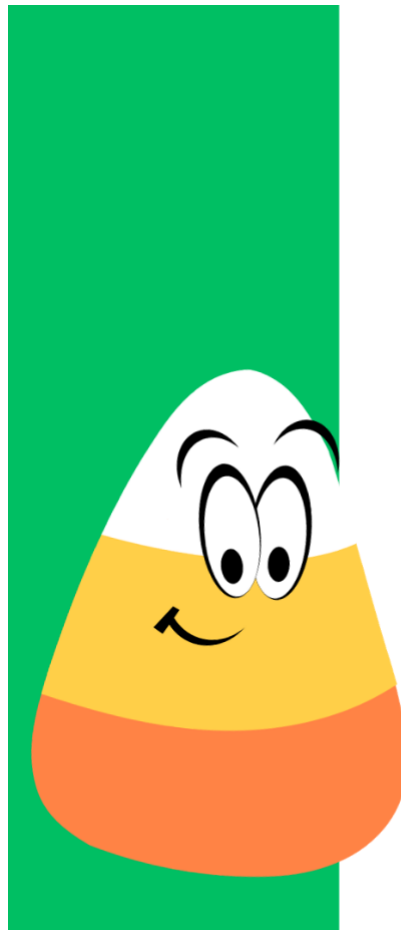
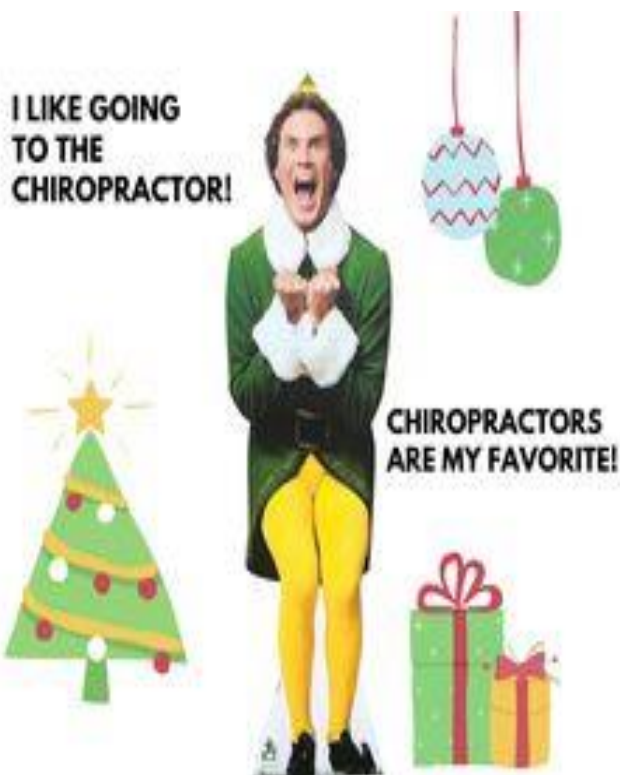
THANK YOU!



Jessica K



I was referred to Healthy Ways by a neighbor when I was experiencing some unusual health issues. Dr. Joe and the whole team are so welcoming and helpful. It was my first time going to a chiropractor and I didn't know what to expect. Dr. Gabrielle, Lisa, and Dr. Joe were very thorough in explaining everything to me at my consultation visit and set up a great treatment plan to help address the problems I was having. My plan including PT, adjustments and more helped me correct many of the issues I was having when I first visited and even some, I didn't know I had! I was sleeping better and feeling physically better overall after each visit. I am now in maintenance-mode and will be visiting monthly for an adjustment to keep me aligned and feeling my best. I would recommend Healthy Ways to anyone looking for a chiropractor and an overall integrated, holistic approach to wellness! The staff is wonderful, and the results are great!



Congratulations to Blake B. who guessed the correct number of candy and won a \$25 HealthyWays Gift Certificate last month!

Thank you to everyone who participated.



HEALTHYWAYS WELLNESS HOLIDAY HOURS

SAT, DEC 23RD CLOSED

MON, DEC 25TH CLOSED

TUES, DEC 26TH 2:30-6PM

WED, DEC 27TH 9AM-6:30PM

THURS, DEC 28TH CLOSED

FRI, DEC 29TH 9AM-6:30PM

SAT, DEC 30TH BY APPOINTMENT ONLY