

Patient **APPRECIATION** *Week 2024*

MONDAY AUGUST 26TH THROUGH FRIDAY AUGUST 30TH

NEW PATIENT SPECIAL

***All New Patients will
receive their first visit
and report of findings for
ONLY \$25 – to be donated
to a Local Charity TBA**

**Refer a New Patient this week
& YOU may WIN our
Appreciation Prize*

DAILY SPECIALS FOR ALL CURRENT PATIENT VISITS!

*We will be having super
special treats &
collecting donations for
a
Local Charity TBA
all week!*

healthyways

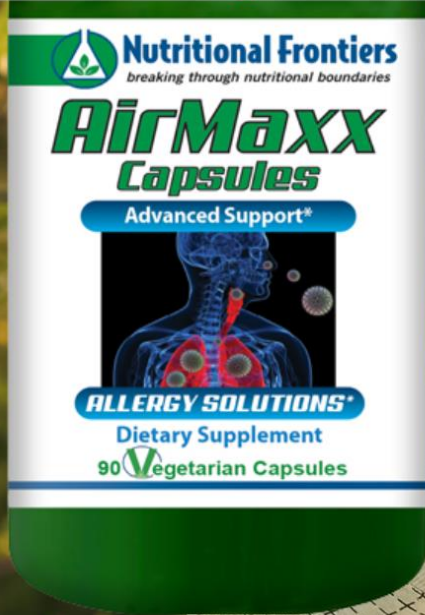
integrated wellness solutions

www.healthywayswellness.com

It's **ALLERGY SEASON**

**Find Relief from your symptoms
with AIRMAXX**

ONLY \$39.95



AirMaxx was designed to support healthy respiratory function and reduce allergic response. The ingredients in this supplement were selected with the goal of maintaining histamine levels within normal ranges. People take AirMaxx to help with itchy skin and eyes, congested and runny nose, splotchy, red skin, and discomfort associated with skin irritation and respiratory dysfunction.



A Special Thank you to All the
*** Amazing Fathers!**

Enjoy Your Day!
We look forward to
Celebrating You at
HealthyWays
Monday June 17th
Schedule an
appointment for
your special treat!

Happy Father's
Day

There are never words enough to thank the good men who helped us find our way into the world. —Jim Howard

WELCOME New Patients

Amy S.

Chris B.

Jacob B.

Annika M.

Claire S.

Laura R.

Teri G.

Ruth T.

Mark J.

Josie B.

Steve L.

Meghan A.

DON'T WORRY



WE HAVE
YOUR
BACK

WE
APPRECIATE
you

— ” —
**THANK
YOU**
— ” —

for your
referrals

Michelle G.

Tom L.

Todd S.

Dani R.

Josh G.

Mary G.

Paul B.

Amy S.

Joe A.

CONGRATULATIONS!

LORI P.

Congratulations to our HealthyWays' June Patient of the Month! We are pleased to present Lori with a gift certificate to our office as well as a restaurant gift card to thank her for being exemplary patient.

Look for your name here in coming months!



THANK YOU for your GOOGLE REVIEW-Jessica K.

I was referred to HealthyWays 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 definitely recommend HealthyWays to anyone looking for a chiropractor and an overall integrated, holistic approach to wellness! The staff is wonderful and the results are great!

SAVE \$50

ON EACH PAIR OF
YOUR CUSTOM
ORTHOTICS!

LIMITED
TIME
OFFER

*Call to Schedule your Foot Scan
Today! (724) 444-6644*



STEP INTO SUMMER WITH STYLE & WHOLE-BODY COMFORT!





HAPPY
FATHER'S
DAY!



5 Father's Day Facts

1. The first modern Father's Day was rooted in tragedy.

On July 5, 1908—the same year that Mother's Day is credited as beginning—a small church in West Virginia held the first public event meant to specifically honor the fathers of their community. The day was held in remembrance of the 362 men who were killed the previous December in a mining explosion at the Fairmont Coal Company. Though this specific day did not transform into an annual tradition in the town, it did set a precedent of reserving a day for dads everywhere.

2. Washington was the first state to celebrate Father's Day.

In 1909, Spokane resident Sonora Smart Dodd was listening to a Mother's Day sermon at her local church when she had the idea to try and establish a similar day to honor the hard-working fathers of the community. Dodd was the daughter of a widower and Civil War veteran named William Jackson Smart, who raised six children on his own after his wife died during childbirth.

She contacted local church groups, government officials, YMCAs, businesses, and other official entities, hoping to gather the community to recognize fathers around the state of Washington. The campaign Dodd embarked upon would eventually culminate in the first statewide Father's Day celebration in 1910.

3. That Father's Day takes place on the third Sunday in June just happened by accident.

While Father's Day always takes place on the third Sunday of June now, that date was actually a compromise after the original turned out to be unrealistic. Dodd's goal was for the holiday to be observed on June 5 to land on her father's birthday, but when the mayor of Spokane and local churches asked for more time to prepare for all the festivities involved, it was moved to the third Sunday in June, where it remains today. Officially, the first Father's Day celebration took place on June 19, 1910.

4. Roses were originally a big part of the Father's Day celebration.

The first Father's Day included a church service where daughters would hand red roses to their fathers during the mass. The roses were also pinned onto the clothing of children to further honor their fathers—red roses for a still-living father and a white rose for the deceased. Dodd also brought roses and gifts to any father in the community who was unable to make it to the service. This gave birth to the now-nearly-forgotten tradition of roses as the customary flower of Father's Day.

5. Father's Day wasn't officially recognized as a national holiday until 1972.

It took until 1966 for President Lyndon Johnson to make a nationwide proclamation endorsing Father's Day across the country. In his proclamation, Johnson wrote that on June 19, 1966, "I invite State and local governments to cooperate in the observance of that day; and I urge all our people to give public and private expression to the love and gratitude which they bear for their fathers."

Nowhere in Johnson's proclamation did it say anything about what would happen on Father's Day the next year, though, and the corresponding Joint Resolution specified "the third Sunday in June of 1966." It wasn't until President Richard Nixon signed Public Law that Father's Day was permanently recognized by the federal government.

FATHER'S DAY RECIPE?

Mini Meat Loaf Sheet-Pan Meal

TOTAL TIME: Prep: 35 min. Bake: 40 min.

YIELD: 6 servings.

I grew up with this meat loaf recipe, but I adapted it to mini meat loaves so that it would bake quicker. The sauce topping is always a hit. I added the potatoes and asparagus to make the meal complete. —Deanne Johnson, Reading, Pennsylvania

Ingredients

- 2 large eggs, lightly beaten
- 1 cup tomato juice
- 3/4 cup quick-cooking oats
- 1/4 cup finely chopped onion
- 1/2 teaspoon salt
- 1-1/2 pounds lean ground beef (90% lean)
- 1/4 cup ketchup
- 3 tablespoons brown sugar
- 1 teaspoon prepared mustard
- 1/4 teaspoon ground nutmeg
- 3 large potatoes, peeled and cut into 1/2-inch pieces
- 3 tablespoons olive oil, divided
- 1/2 teaspoon garlic salt, divided
- 1/4 teaspoon pepper, divided
- 1 pound fresh asparagus, trimmed and halved



Directions

1. Preheat oven to 425°. In a large bowl, combine eggs, tomato juice, oats, onion and salt. Add beef; mix lightly but thoroughly. Shape into six 4x2-1/2-in. loaves; place on a sheet pan or in a large shallow roasting pan. Combine ketchup, brown sugar, mustard and nutmeg; brush over loaves.
2. Combine potatoes with 2 tablespoons oil, 1/4 teaspoon garlic salt and 1/8 teaspoon pepper; toss to coat. Add to pan in a single layer. Bake loaves and potatoes 25 minutes.
3. Combine asparagus with remaining 1 tablespoon oil, 1/4 teaspoon garlic salt and 1/8 teaspoon pepper; toss to coat. Add to pan. Bake until a thermometer inserted into meat loaves reads 160° and vegetables are tender, 15-20 minutes. Let stand 5 minutes before serving.