

GUT HEALTH WORKSHOP

HEALTHYWAYS WELLNESS
Tuesday April 18 6pm

Call to Schedule

healthyways (724)444-6644

integrated wellness solutions

Guests are welcome to attend!

Do you or anyone in your family have any of these issues:

- Abdominal Pain
- Constipation
- Acid Reflux
- Frequent Colds & Flu
- Indigestion
- Crohn's
- Concussions
- SIBO
- Bloating
- Diarrhea
- Rheumatoid
- Strep
- GERD
- Colitis
- Depression

Come learn how everything is connected to the gut & how we may be able to help!

Featured Presenter:

Mike Gallagher is a certified life-style educator and consultant that has been in the nutritional industry for over 28 years. Mike is looking forward to discuss your gut health and Nutritional Frontiers, a research and science based company located in Pittsburgh, PA.



**NUTRITIONAL
FRONTIERS™**

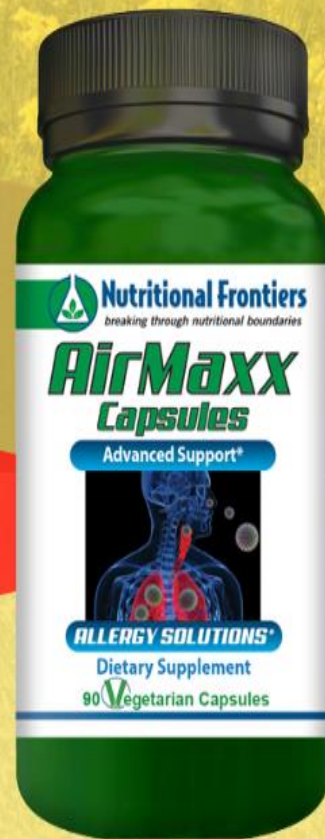
Making the world healthy

ALLERGY SEASON



ONLY \$39.95

**Find Relief with
AIRMAXX**



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.

WELCOME

New Patients

Wayne K.

Jocelyn D.

Aiden D.

Rebecca L.

Jim H.

Heather B.

Brian S.

Matthew M.

Frances D.

Josh J.

Jessica B.

Ashlee J.

Thank You for your Referrals!

Craig W.

Nicolas D.

Mary Jo D.

Nate L.

Jenny M.

Kristen J.

Elizabeth I.

Congratulations to

April's Patient of the Month

Jennifer M.

will receive a Gift Certificate to HealthyWays as well as a Restaurant Gift Certificate!

As a Thank You for being an exemplary patient!

Look for your name here in coming months!



Chiropractic for Your Growing Child

Chiropractic care is foundational for every person to live healthily -- children included. There are so many ways that chiropractic care is good for kids that many parents aren't aware of. Some of the benefits of chiropractic for your youngest family members include:

Promotes good health - A child with a body free from joint dysfunctions has a central nervous system that is working at its very best. Chiropractic is a full-body approach to health.

Effective treatments - Does your child struggle with issues such as chronic ear infections or colic? Several common childhood conditions can be effectively and naturally treated with chiropractic care.

Address sleep concerns - It is the fervent wish of every parent that their child sleeps well. It's not uncommon for a child to have a joint dysfunction that may be impacting their central nervous system and causing sleep disturbances.

Help with injuries - Regular chiropractic care can help to ensure the body is doing what it was made to do, heal itself, and keep the joints free from restrictions that could lead to injuries.

Many people operate under the assumption that back, neck, and joint problems are reserved only for adults. But , but the truth is that joint restrictions can occur the moment we exit the womb -- it's quite a traumatic trip for a newborn -- , which is why being proactive with chiropractic care from a young age can help your child to live a healthier life.



Chi-ROAR-practic Kids Coloring Contest

Chiropractic is for Kids!



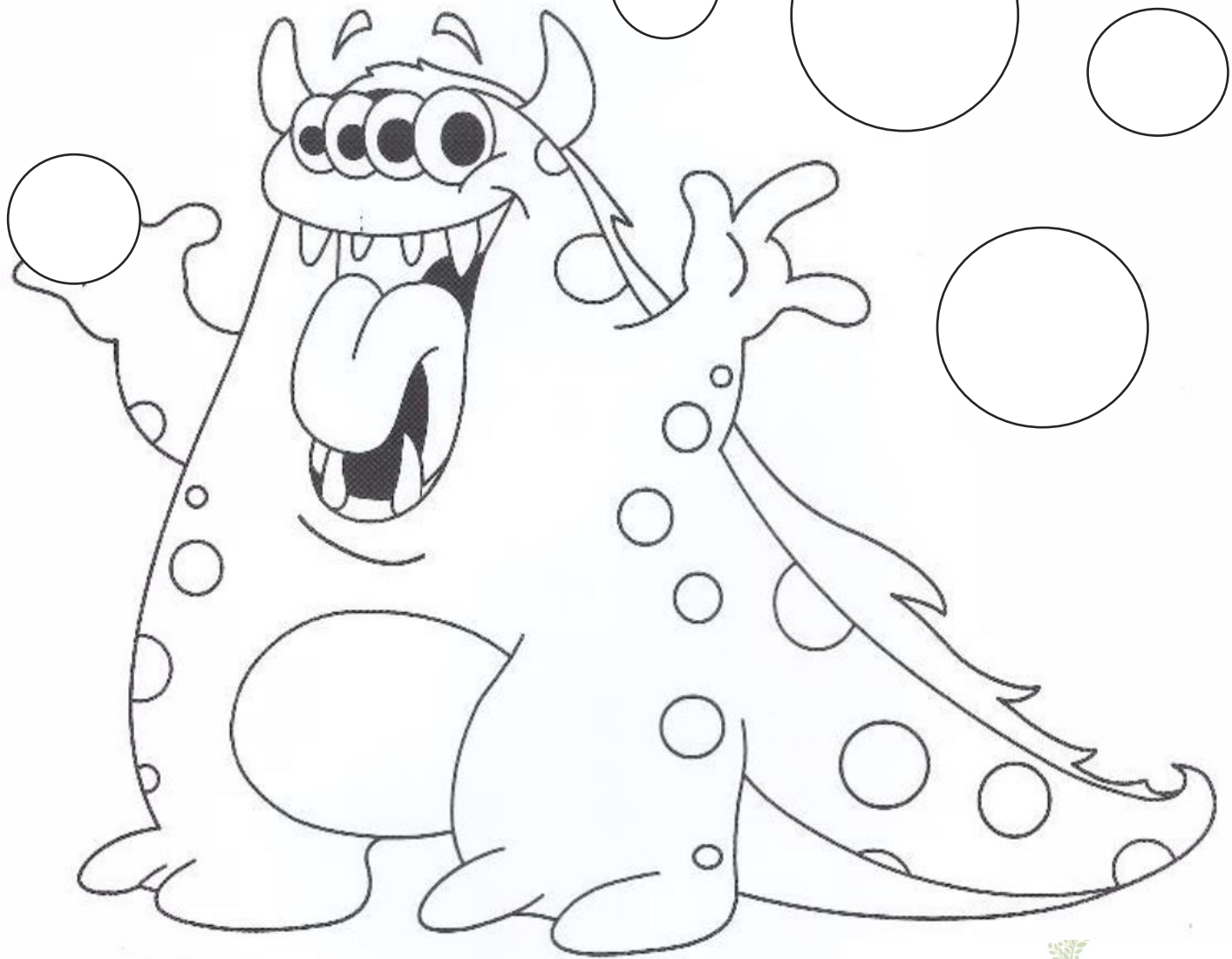
Submit a coloring page,
get a treat & be
registered to

WIN our

**Chi-ROAR-practic
Kids Basket!**



I'm a 
CHI-ROAR-PRACTIC
 kid! 



Name: _____

Age: _____

Benefits of yoga for kids

Regularly practicing yoga with kids goes a long way in improving their physical and emotional well-being. Of course, doing yoga is a form of exercise. Yoga strengthens and tones muscles while increasing flexibility. It also improves balance and endurance while working the heart. On the flip side, regular yoga practice has been shown to help kids manage stress and anxiety. Yoga also improves focus which has benefits in and out of the classroom.

SPRING YOGA

10 easy yoga poses for kids



1. Say hello to the sun.



2. Pretend to be a tree.



3. Pretend to be a flying bird.



4. Pretend to be the falling rain.



5. Pretend to be planting seeds.

We all thrilled to help as many people as we can live a HealthyWays life!

Thank you for your amazing Google Reviews!

Consider referring anyone you know who have been suffering aches and pains that can be treated through chiropractic and all we have to offer at HealthyWays!

HealthyWays Integrated Wellness Solutions
5476 William Flinn Hwy, Gibsonia, PA

5.0 ★★★★★ 343 reviews ⓘ

Alyssa Evans
2 reviews

★★★★★ a week ago **NEW**

Dr. Joe and the entire staff has been amazing and helped me significantly with my hip issues. I feel so much better after doing their program and I can't thank them enough. 10/10 recommend this place to anyone!

Like

Response from the owner a week ago
Thank you Alyssa for the google review! Thank you for trusting us to help you live a life with no more hip issues.

SHOCKWAVE THERAPY

Is designed to activate connective tissue from the surface level to difficult-to-reach areas addressing pain and inflammation in orthopaedic conditions.



Now Scheduling for Shockwave Therapy!



YOUR FIRST SHOCKWAVE TREATMENT IS COMPLIMENTARY!

Experience the healing benefits of ShockWave