

**HEALTHYWAYS PATIENT APPRECIATION WEEK**

# SUMMER **BBQ** AUGUST 21-26TH



**REFER A NEW PATIENT  
AUGUST 21ST  
THROUGH 25TH AND  
THEY WILL GET A NEW  
PATIENT VISIT WITH A  
\$25 DONATION**

We thank you in advance for your support and look forward to be a blessing to all during Patient Appreciation Week!

**SCHEDULE SATURDAY AUGUST 26TH  
9AM TIL 2PM FOR OUR ANNUAL  
PATIENT APPRECIATION DAY!\***



**\*\$10 Donation for your Adjustment and BBQ**

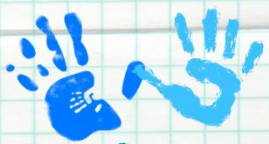
**Donations going to  
OPERATION TROOP APPRECIATION**

OPERATION TROOP APPRECIATION'S mission is to build and sustain the morale and well being of the military community, past and present, with the assurance that the American public supports and appreciates their selfless service and daily sacrifices.

Operation Troop Appreciation is dedicated to the active and veteran members of our Armed Forces who serve and sacrifice for our country. By providing them with items that contribute to their morale and well being, we present a united front to our deployed military by supporting them as individuals, for every one of them

- Memorializes our nation's past
- Sacrifices to maintain our nation's culture and freedoms
- Ensures the safety and freedom of our nation's future generations





# CHIROPRACTIC KIDS START HEALTHY AND STAY HEALTHY



healthyways  
integrated wellness solutions

## Back to School

**Kids should get chiropractic care as soon as possible!**

Chiropractic helps establish a safe, natural, and drug-free foundation that can have immediate and long-term benefits to a child's health.

You can trust Dr. Pettinato to safely and effectively treat children from newborns to teens. We have the experience and training to provide age appropriate care that not only brings health and wellness but maintains it.



The benefits of regular chiropractic care are enormous to your athlete. Whether you prevent a child's injury or treat one, Chiropractic Works!

**Children who are injured should be seen by a chiropractor to avoid future injury, and for better body development. You'll want them at the height of their activity levels as they grow up!**





# ON SALE NOW!

## CUSTOM Orthotic Sandals, Shoes & Inserts



People with chronic pain and those recovering from injuries find relief when treated with Foot Levelers Custom Orthotics. See how our orthotics have helped their low back pain, knee pain, plantar fasciitis and even neck and shoulder pain.,

Foot Levelers Stabilizing Orthotics can help!



CHECK OUT ALL THE  
ORTHOTICS AVAILABLE AT  
HEALTHYWAYS

### COMPLIMENTARY FOOT SCAN & CONSULTATION

\*\*\*SALE ENDS AUGUST 31ST\*\*\*

# CONGRATULATIONS to Debbie U. HealthyWays' Patient of the Month

We are pleased to name Debbie as our patient of the month! She has been an exemplary patient who has completed his treatment plan, referred to our office and has committed to his wellness! To thank Debbie, she will receive a Gift Certificate to our office as well as one to a local restaurant for a dinner on us! Look for your name here in coming months!



## Welcome New Patients

*Brady K.*

*Beth E.*

*Josh G.*

*Bridget C.*

*LeeAnn M.*

*Sarah R.*

*Lori R.*

*Marquis J.*

*Melody S.*

*Cameron M.*

*Franaisco H.*

*Sarah S.*

## Thank You for Your Referrals

*Brittany K.*

*Matthew E.*

*Sally H.*

*Tim & Pete B.*

*Dave K.*

*Riley S.*



# ARE THE FOODS YOU ARE EATING MAKING YOU SICK?

**FOOD SENSITIVITIES & WEAK GUT BARRIER COULD BE THE CAUSE OF:**

**HEADACHES - MIGRAINES - INDIGESTION -  
BLOATING - GASTROINTESTINAL DISTRESS -  
JOINT INFLAMMATION - SKIN ISSUES -  
FATIGUE- DEPRESSION/ANXIETY - FREQUENT  
ILLNESS - SUGAR CRAVINGS**

HealthyWays is offering Food Sensitivity Testing that measures sensitivities up to 176 different foods, coloring and additives using a simple Food Inflammation Test!



**Schedule Your Personal FIT Test & Gut Panel Today to Start Feeling Your Best!**

visit [www.healthywayswellness.com](http://www.healthywayswellness.com)  
to find out more about our services

**Thank You Liz C. for the Amazing Patient Testimonial/Google Review! We love being able to offer the services at HealthyWays that change lives for the better!**

Before coming to Pettinato Chiropractic Center, I had extreme pain every day. Sometimes I would be in tears it was so bad. I have two toddlers that I stay home with and I am lifting or holding them a lot throughout the day. Rocking them to sleep at night, when my pain was the worst, was killing me. I have had back problems for over ten years, including scoliosis and a bulged disc. My initial consultation at Pettinato Chiropractic brought light to exactly why my pain was increasing and how my scoliosis was affecting the bones in my neck. The collaborative effort from the entire team at the center and the plan of action they created for me has honestly changed my life. I learned how to strengthen my back in ways that has drastically decreased the pain. This, combined with individualized adjustments and a blend of effective medical treatments, has allowed me to take care of my children without pain. I now have motivation and hope for a pain-free future for myself!



**Find us on:  
facebook®**

**Check out and follow HealthyWays on social media-  
FACEBOOK, INSTAGRAM, YOUTUBE, &  
WWW.HEALTHYWAYSWELLNESS.COM to see our  
specials, events and important office information!**