

HealthyWays Wellness

DECEMBER 2024 NEWSLETTER

Celebrate the Season at 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 and/or Decompression Appointment**
- **2 Tickets when you check in on Facebook at your appointment**
- **2 Tickets for each donation going to Light of Life Mission**

Program Begins Nov. 22nd & culminates Dec. 18th at Our Holiday Party!





You're Invited!



**SCHEDULE TODAY TO
PARTICIPATE IN OUR
HOLIDAY PARTY!**

JOIN US FOR HOLIDAY TREATS, SPECIALS &
A HEALTHY START TO YOUR HOLIDAY!

**WEDNESDAY DECEMBER 18TH
9 AM TIL 6:30 PM**



healthyways
integrated wellness solutions



**SAVE
15%**
ON ALL PRODUCTS
PURCHASED
12/18/24

STRESS

THE HOLIDAYS CAN BE STRESSFUL!

HealthyWays offers All Natural Calming Supplements to help you.

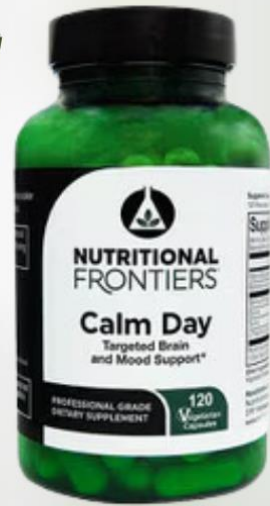
Re-laxx

Re-LAXX is designed to help relieve muscle spasms through its relaxing and anti-spasmodic ingredients.



Calm Day

Designed to support the neurotransmitters dopamine and serotonin, with the potential to improve problems with sleep and anxiety.



Sleep Time

Designed to improve problems with sleep. Sleep Time was formulated to help support the neurotransmitters dopamine and serotonin, which have a role with sleep cycles and anxiety.



SAVE 15% THROUGH DECEMBER!

Dr. Gabrielle says, "I swear by these supplements. I recommend them to everyone!"



Product
Special

Prob-Zyme
Only \$42.50



- Includes a broad spectrum of digestive enzymes to aid in nutrient absorption
- Supports immune system
- Delicious chewable wafers
- Natural fruit flavor
- Low calorie
- Gluten-free

If you need support for digestive function and help maintaining a healthy immune response, try adding a probiotic to your daily nutritional regimen.

A GIFT FOR

You!

\$5 GIFT
CERTIFICATE FOR
EVERY \$25 GIFT
CERTIFICATE
PURCHASED



healthyways

integrated wellness solutions

GIFT
CERTIFICATE

The BEST GIFT EVER!

*Holiday
Hours*

The office will be CLOSED
Saturday December 21st
through
Thursday January 2nd
We will see patients again on
Friday January 3rd!

*We wish you a wonderfully
healthy Holidays!*





Welcome New Patients

Marilyn W.

McKenna J.

Jack B.

Matthew Z.

Matt K.

Cathy J.

Jeff I.

Dan D.

Barb Z.

Chris P.

Steven B.

Kathy L.

Thank You for your referrals

Mary M.

Kristen P.

Sara B.

Chris R.

Gary M.

McKenna J.

Lori P.

Paul L.






Congratulations to Chris G.

DECEMBER'S PATIENT OF THE MONTH!

We appreciate our practice family & want to acknowledge each of you for your commitment to good health. Chris has been selected as this month's POM for his commitment to a treatment program & new patient referral. Chris will receive a Healthy Ways and restaurant gift certificate as a Thank You! Look for your name in coming months!



As you are all aware, the cost of goods & services has risen over the past year or so. We see it in the grocery stores, the gas pump and just about everywhere else. Our clinic has not been one to raise fees every year but, regrettably, this year there will be a slight increase. As always, our top priority is providing the best care to our patients, in the most economical way. We are here to answer all your questions or concerns 724-444-6644.

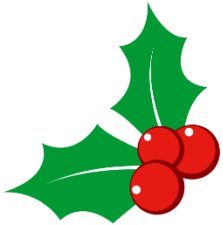
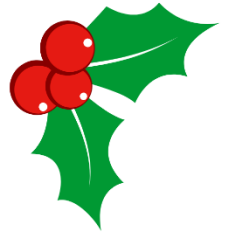


WISHING YOU A
HEALTHY & HAPPY
NEW YEAR

Welcome
2025

Let's Help

THOSE IN NEED



Socks-Hats-Gloves-Toiletries- etc

HealthyWays Wellness will be collecting throughout this holiday season for **Light of Life Mission**

Did You Know? **Fun Christmas Facts**

Have you ever wondered about the history of Christmas? Where did our traditions come from, anyway? Here's your daily dish of fun Christmas facts:



It is estimated that the single "White Christmas" by Irving Berlin is the best-selling single of all time, with over 100 million sales worldwide.

**A
Very
Merry
Christmas**

HAPPY HOLIDAYS!!

President Teddy Roosevelt, an environmentalist, banned Christmas trees from the White House in 1912.

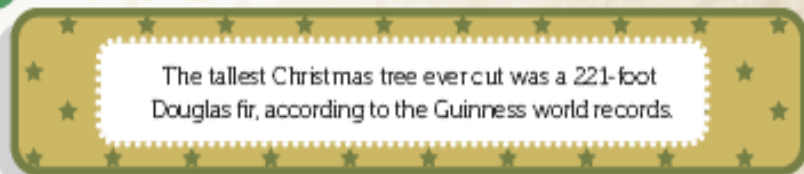
Most of Santa's reindeer have male-sounding names, such as Dasher and Comet. However, male reindeers shed their antlers around Christmas, so the reindeer pulling Santa's sleigh are likely not male, but female.

Each year, more than 3 billion Christmas cards are sent in the U.S. alone.

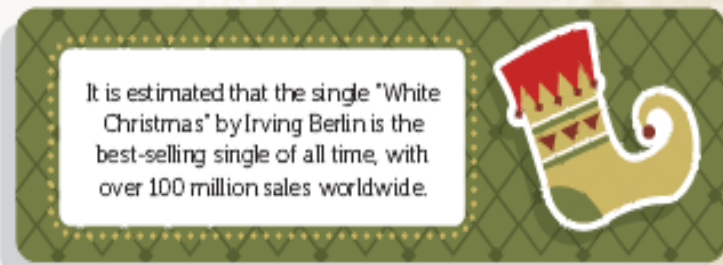
The Germans made the first artificial Christmas trees out of dyed goose feathers.



Mistletoe is from the Anglo-Saxon word misteltan, which means "little dung twig" because the plant spreads through bird droppings.



The tallest Christmas tree ever cut was a 221-foot Douglas fir, according to the Guinness world records.



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According to data analyzed from Facebook posts, Christmas Day is the least favorite day for breakups.



All the gifts in the Twelve Days of Christmas would equal 364 gifts.

Christmas purchases account for 1/6 of all retail sales in the U.S.



According to data analyzed from Facebook posts, Christmas Day is the least favorite day for breakups.