



Keep Pain From Ruining Your Holidays



Hanging up holiday lights. Being packed like a sardine on your flight to see family. Whipsaw weather causing achy joints. There's no shortage of potential pains during the holiday season. Here are some ways to keep pain from dampening your holiday fun:

Stay active. Exercise releases endorphins, which are hormones that block pain signals from the brain. Exercise also helps keep your body strong and flexible, which may help reduce pain in the long run.

Get adjusted. Regular chiropractic care may help improve flexibility and range of motion, which can also help reduce your risk of experiencing pain while traveling.

Choose anti-inflammatory foods. Because inflammation is often at the root of pain, eating anti-inflammatory foods can help lessen or eliminate pain. Additionally, some nutrients in these foods may help improve nerve function and reduce pain signals sent to the brain.

Wishing You & Yours a Happy, Healthy Season

With 2022 soon to be in the rear-view mirror, we hope you can slow down and imbibe the best of the holiday season!

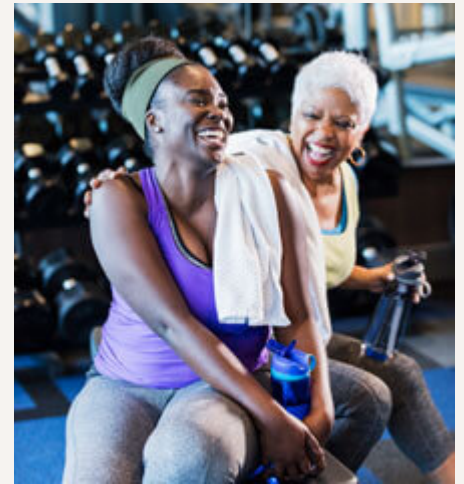
We also want to take this time to reflect on the past year and share our hopes for you to enjoy abundant health in 2023.

Whether you're seeking to fit more fitness into your day, get your scale to budge, or eat smarter and healthier, we want to be your biggest ally in your quest for maximizing your well-being.

We are deeply grateful that you've chosen our practice for your natural healthcare needs, and allow us to be part of your life and journey to achieving your goals. We hope to serve you for many years to come!



3 Ways to Reset Your Health in the New Year



Just as the calendar flips on the first of January, marking a new year fresh with all kinds of possibilities, you may be ready to turn the page when it comes to your health.

Here are three ways to make small changes that could yield big health dividends in 2023 and beyond.

Drink plenty of water. From flushing toxins out of your body to boosting your metabolism, proper hydration is vital for good health.

Move more. Going for a run with your dog. Doing some strength training during commercials. Taking the stairs versus the elevator. There are lots of sneaky ways to get more steps into your day.

Get adjusted. When your body is in alignment, it can function better, and you are less likely to experience pain or discomfort. Chiropractic care may also help improve your overall health and well-being.

Celebrate the Season with Healthy Ways

12 days of Christmas Basket program

begins November 28th!



Earn Tickets and choose which of the 12 Baskets you would like to enter to WIN with your tickets!

- **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**
- **1 Ticket for your New Sock or Glove Donation going to Light of Light Mission in Pittsburgh**

Join HealthyWays in Collecting New Socks & Gloves

We will be collecting socks and gloves to be donated to those in need through The Light of Life Mission! You will earn a ticket 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.

LIGHT OF LIFE
RESCUE MISSION
70 YEARS
WHERE HOPE AND HEALING MEET

healthyways
integrated wellness solutions

You are Invited to Participate in
some Holiday Cheer



Healthy Ways Holiday Party



WED. DEC. 21ST

9am-6:30pm

CALL TO SCHEDULE

(724) 444-6644



Enjoy our Holiday Party
Cheer, Save on Our Trilean
Bundle, Special Weightloss
Program Offer & Get a
Health Boosting Adjustment!

Congratulations to Our
December Patient of the Month

Adam A.

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 HIS
TREATMENT PROGRAM AND REFERRED TO OUR
OFFICE
LOOK FOR YOUR NAME HERE IN COMING MONTHS!



Congratulations

Dana G. won our Fresh Thanksgiving
Turkey by referring to our office and
helping Tom to earn his feathers!

Thank you to everyone for your
referrals to our office! We truly
appreciate your faith in us to care for
your family and friends!





Holiday Flowers


**Healthyways will be
CLOSED**

Saturday December 24

Monday December 26

Saturday December 31

*We wish you a wonderfully
healthy Holidays!*



As you are all aware, the cost of goods and 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, we may have to this year due to the current economic conditions. 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.

 **SPECIAL** 

Immune Boosting Products

**15%
OFF**

**Immunomax, Zinc
Lozenges, Lauricidin &
Buffered C**

**Don't let cold & flu season
get you down!**

**Support a healthy immune system,
build & protect your health! Take
advantage of our Immune
Boosting Supplement
Special.**

*Make
Great
Gifts!*

*Top trending HealthyWays
Christmas Gift...
FOAM ROLLERS!*



HEALTHYWAYS IS ON SOCIAL MEDIA

*Like & Follow Us
Let Us know you are Following
HealthyWays and you will get a
\$5 Gift Card for the office!*



**SCAN ME FOR EASY
ACCESS TO OUR
SOCIAL MEDIA PAGES**

SHOCKWAVE THERAPY >>>

Utilizing acoustic waves that generate oscillations in the tissue. This wave therapy helps to reduce muscle pain & activates connective tissue, temporarily aids in the increase of blood flow and helps in the treatment of tendonitis in hips and shoulders and improve pain in various musculoskeletal conditions.

TREATS THE FOLLOWING CONDITIONS:

- Tennis Elbow
- Plantar Fasciitis
- Heel Pain
- Shoulder Pain
- Hip Pain
- Knee Pain
- Low Back Pain

Call to Schedule Your Consultation and Treatment!*



*people with certain conditions may not be eligible for shockwave therapy

AVAILABLE NOW

