

# JULY 2024 NEWSLETTER

## 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**

**SAVE 15% on All Supplement Purchases all week!**

### DAILY SPECIALS FOR ALL CURRENT PATIENT VISITS!

**You will be entered to  
win our daily prize  
with each visit**

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

healthyways

integrated wellness solutions

[www.healthywayswellness.com](http://www.healthywayswellness.com)





DR. FRANCESCA PETTINATO

**NOW**  
ACCEPTING  
NEW  
PATIENTS

**Dr. Francesca Pettinato, the newest chiropractor at HealthyWays Integrated Wellness Solutions.**

**She received her Bachelor of Science in Biology at Kent State University in 2019 and doctorate from Palmer College of Chiropractic in February 2024. Dr. Francesca is passionate about helping the people in the community and committed to providing patients with a pain-free life! When not in the office, she enjoys spending quality time with family and hanging out with friends. Fun Fact: Francesca sang the National Anthem at PNC Park for Pittsburgh Pirates games twice!**



**only** **SAVE BIG**  
**\$49.95**  
*120 count bottle*



## **MEN'S & WOMEN'S HEALTH MULTIVITAMINS**

**Nutritional Frontiers offers high-quality multivitamin-mineral supplements specifically designed for men's and women's specific functional needs.**

**They provide nutrients for optimal body function and are highly recommended by HealthyWays Wellness!**



**NUTRITIONAL  
FRONTIERS™**

Making the world healthy

Nutritional Frontiers is a family-owned, faith-based Pittsburgh company with a committed mission to **"Making the World Healthy"**. We source the best ingredients and create unique formulations to *Improve Patient Outcomes*.



# WELCOME

## *New Patients*

Connie H.

Anurag K.

Julie W.

Shelly M.

Paul F.

Emilee M.

Beth D.

Jeff R.

# THANK YOU

## *for your referrals!*

Sravani S.

Patricia W.

Melissa M.

Russell W.

## Congratulations to

### July's Patient of the Month

## Becky H.

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!

happy  
FOURTH  
OF JULY



# SAVE \$50

ON EACH PAIR OF  
YOUR CUSTOM  
ORTHOTICS!

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

LIMITED  
TIME  
OFFER

  
**healthyways**  
integrated wellness solutions

## Improve your health with every step



Reduce  
Cortisol Levels

Improved  
Cardiovascular  
health

Strengthen  
Muscles

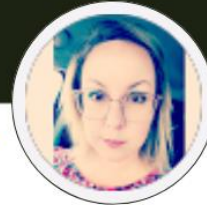
Increase  
Bone Density

All parts of your body are linked  
together, and your feet are the foundation



Elevate your walk with Custom Stabilizing  
Orthotics by Foot Levelers





Dr. Joe and the staff at HealthyWays are absolutely wonderful! They were so helpful in figuring out the root cause of my issue. I appreciate their attentiveness to propose a treatment plan to resolve. Everyone at HealthyWays staff is caring, kind and prioritizes your wellness! Being in pain daily is a thing of the past, I feel like my best self again thanks to their help. Can't recommend this team enough!

Google  
REVIEW

### CHIROPRACTIC HAS HELPED PEOPLE WITH...



# Google Review Us!

Your Feedback And Review  
Are Important To Us!



[WWW.HEALTHYWAYSWELLNESS.COM](http://WWW.HEALTHYWAYSWELLNESS.COM)

# \$50 FOR YOU AND \$50 FOR A FRIEND!

**LIMITED  
OFFER**



There is no greater compliment than your referral. As our thanks, we're offering a \$50 credit to both you and a friend when you refer them to us!

Medicare & Medicaid Guidelines do apply

<https://www.healthywayswellness.com/referral-special-offer/>



SCAN THE  
CODE TO  
SHARE LINK TO  
OUR \$50/\$50  
OFFER WITH  
SOMEONE WHO  
CAN BENEFIT  
FROM  
HEALTHYWAYS!



**LIMITED  
OFFER**

**50/50**

**That Means \$50 for  
YOU and \$50 For  
Your Referral!**

**Think of all you know who  
can benefit from  
HealthyWays Wellness'  
Care!**



**The Fourth of July is packed with backyard barbecues and plenty of fireworks. With more than 200 years of history and tradition behind it, you'd be forgiven if you didn't know everything about America's Independence Day. From the true story behind the signing of the Declaration of Independence to some staggering hot dog statistics, here are 10 things you might not know about the Fourth of July.**

- The Declaration of Independence wasn't signed on July 4 (or in July at all).
- The first Fourth of July celebrations weren't much different from today's.
- Eating salmon on the Fourth of July is a tradition in New England.
- Massachusetts was the first state to recognize the Fourth of July.
- The oldest annual Fourth of July celebration is held in Bristol, Rhode Island.
- The shortest Fourth of July parade is in Aptos, California.
- There are around 15,000 Independence Day fireworks celebrations every year.
- Americans eat an obscene number of hot dogs on the Fourth of July.
- Americans also spend billions on food to celebrate the Fourth of July.
- Three presidents have died, and one was born, on the Fourth of July.



# Spicy Lemon Chicken Kabobs

**TOTAL TIME:** Prep: 15 min. + marinating

**Grill:** 10 min.

**YIELD:** 6 servings.

## *Ingredients*

- 1/4 cup lemon juice
- 4 tablespoons olive oil, divided
- 3 tablespoons white wine
- 1-1/2 teaspoons crushed red pepper flakes
- 1 teaspoon minced fresh rosemary or 1/4 teaspoon dried rosemary, crushed
- 1-1/2 pounds boneless skinless chicken breasts, cut into 1-inch cubes
- 2 medium lemons, halved
- Minced chives



## *Directions*

- 1. In a large shallow dish, combine lemon juice, 3 tablespoons oil, wine, pepper flakes and rosemary. Add chicken and turn to coat. Refrigerate up to 3 hours.**
- 2. Drain chicken, discarding marinade. Thread chicken onto 6 metal or soaked wooden skewers. Grill, covered, over medium heat until no longer pink, turning once, 10-12 minutes.**
- 3. Meanwhile, place lemons on grill, cut side down. Grill until lightly browned, 8-10 minutes. Squeeze lemon halves over chicken. Drizzle with remaining oil; sprinkle with chives.**