



JUNE 2025

NEWSLETTER



HAPPY Father's Day

Enjoy Your Day!
We look forward to
Celebrating You at
HealthyWays
Monday June 16th
Schedule an appointment
for your special treat!

A Special Thank you to All
the Amazing Fathers!

CHIROPALOOZA

SAVE THE DATE

30th
Anniversary Celebration

Saturday September 13th

11am-2pm

Dr. Joe has been a chiropractor in Gibsonia for 30 years, beginning his practice in September 1995!

WEEKLY

PATIENT SPECIALS

NEW PATIENT SPECIAL

ALL MONTH LONG

SATURDAY

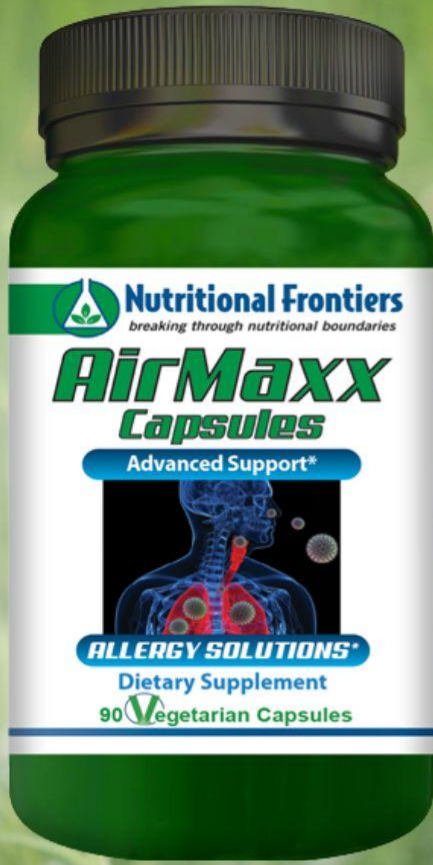
FOOD FUN

• PRIZES •

SPECIALS

It's **ALLERGY SEASON**

**Find Relief from your symptoms
with AIRMAXX**



ONLY \$39.95

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.



Congratulations

Matt K.

Our Spring Basket Winner with a membership to Phipps Conservatory!



Congratulations
to our
Chiro-practic
Kids Coloring Contest Winner

Chloe C.

Thank You to all
the chiropractic
kids who
participated in
our contest. Your
wonderful artwork
brightened the
office!

healthyways
integrated wellness solutions

WELCOME New Patients

Sally C. Kim S.
Mary F. Rick C.
Xavier S. Tom B.
Joe C. Courtney D.

—”
**THANK
YOU**
”—

for your
referrals

Matt K. Lori P.
Bridget C. Elie C.
Jon-Michael S.



 **Summer
office hours**

Effective May 30th through August 29th

**FRIDAY APPOINTMENT
HOURS**

7 AM til 3 PM

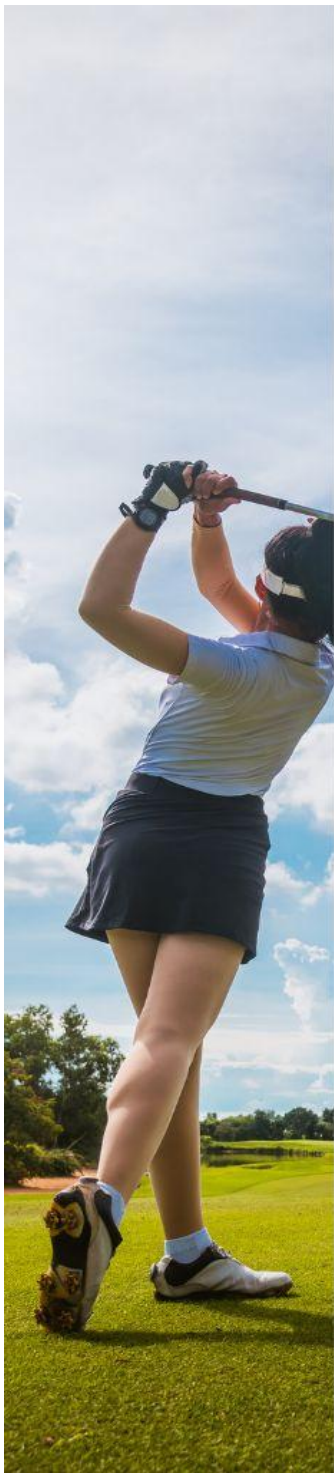


June Patient of the Month

Diana C.

Congratulations! We are
pleased to present Diana
with a gift certificate
to our office as well as a
restaurant gift card to
thank her for being
exemplary patient.
Look for your name here
in coming months!





My experience at HeathyWays Integrated was much better than my expectations going in. I was having a neck issue. Dr. Francesca did a detailed assessment and created a personalized plan for me including gentle adjustments by Dr. Francesca, physical therapy by Heather, and neck decompression treatments. My painful issue was completely resolved after 12 appointments. Dr. Francesca was very nice to answer my never ending questions. She is very knowledgeable and seems to enjoy sharing her knowledge and educating patients. Her positive approach and desire to make personal connections with her patients creates a fun family atmosphere. She is an excellent doctor of chiropractic. Heather created an exercise plan for me that strengthened my back and neck. She was very patient to repeat instruction from visit to visit if I couldn't remember the motions. Heather is excellent in her rehab position. My experience is a 10+ as not only is my neck pain gone, but my increased flexibility, back and neck strength has improved my golf game!! Thank you!!

**Thank You to Catherine J. for
your amazing Google Review!**

**Scan the QR Code to read more Patient
Testimonials or Share Your Own!**





• HAPPY •
FATHER'S
• DAY! •



5 Father's Day Facts

1. The first modern Father's Day was rooted in tragedy.

On July 5, 1908—the same year that Mother's Day is credited as beginning—a small church in West Virginia held the first public event meant to specifically honor the fathers of their community. The day was held in remembrance of the 362 men who were killed the previous December in a mining explosion at the Fairmont Coal Company. Though this specific day did not transform into an annual tradition in the town, it did set a precedent of reserving a day for dads everywhere.

2. Washington was the first state to celebrate Father's Day.

In 1909, Spokane resident Sonora Smart Dodd was listening to a Mother's Day sermon at her local church when she had the idea to try and establish a similar day to honor the hard-working fathers of the community. Dodd was the daughter of a widower and Civil War veteran named William Jackson Smart, who raised six children on his own after his wife died during childbirth.

She contacted local church groups, government officials, YMCAs, businesses, and other official entities, hoping to gather the community to recognize fathers around the state of Washington. The campaign Dodd embarked upon would eventually culminate in the first statewide Father's Day celebration in 1910.

3. That Father's Day takes place on the third Sunday in June just happened by accident.

While Father's Day always takes place on the third Sunday of June now, that date was actually a compromise after the original turned out to be unrealistic. Dodd's goal was for the holiday to be observed on June 5 to land on her father's birthday, but when the mayor of Spokane and local churches asked for more time to prepare for all the festivities involved, it was moved to the third Sunday in June, where it remains today. Officially, the first Father's Day celebration took place on June 19, 1910.

4. Roses were originally a big part of the Father's Day celebration.

The first Father's Day included a church service where daughters would hand red roses to their fathers during the mass. The roses were also pinned onto the clothing of children to further honor their fathers—red roses for a still-living father and a white rose for the deceased. Dodd also brought roses and gifts to any father in the community who was unable to make it to the service. This gave birth to the now-nearly-forgotten tradition of roses as the customary flower of Father's Day.

5. Father's Day wasn't officially recognized as a national holiday until 1972.

It took until 1966 for President Lyndon Johnson to make a nationwide proclamation endorsing Father's Day across the country. In his proclamation, Johnson wrote that on June 19, 1966, "I invite State and local governments to cooperate in the observance of that day; and I urge all our people to give public and private expression to the love and gratitude which they bear for their fathers."

Nowhere in Johnson's proclamation did it say anything about what would happen on Father's Day the next year, though, and the corresponding Joint Resolution specified "the third Sunday in June of 1966." It wasn't until President Richard Nixon signed Public Law that Father's Day was permanently recognized by the federal government.

FATHER'S DAY RECIPE?

Mini Meat Loaf Sheet-Pan Meal

TOTAL TIME: Prep: 35 min. Bake: 40 min.

YIELD: 6 servings.

I grew up with this meat loaf recipe, but I adapted it to mini meat loaves so that it would bake quicker. The sauce topping is always a hit. I added the potatoes and asparagus to make the meal complete. —Deanne Johnson, Reading, Pennsylvania

Ingredients

- 2 large eggs, lightly beaten
- 1 cup tomato juice
- 3/4 cup quick-cooking oats
- 1/4 cup finely chopped onion
- 1/2 teaspoon salt
- 1-1/2 pounds lean ground beef (90% lean)
- 1/4 cup ketchup
- 3 tablespoons brown sugar
- 1 teaspoon prepared mustard
- 1/4 teaspoon ground nutmeg
- 3 large potatoes, peeled and cut into 1/2-inch pieces
- 3 tablespoons olive oil, divided
- 1/2 teaspoon garlic salt, divided
- 1/4 teaspoon pepper, divided
- 1 pound fresh asparagus, trimmed and halved



Directions

1. Preheat oven to 425°. In a large bowl, combine eggs, tomato juice, oats, onion and salt. Add beef; mix lightly but thoroughly. Shape into six 4x2-1/2-in. loaves; place on a sheet pan or in a large shallow roasting pan. Combine ketchup, brown sugar, mustard and nutmeg; brush over loaves.
2. Combine potatoes with 2 tablespoons oil, 1/4 teaspoon garlic salt and 1/8 teaspoon pepper; toss to coat. Add to pan in a single layer. Bake loaves and potatoes 25 minutes.
3. Combine asparagus with remaining 1 tablespoon oil, 1/4 teaspoon garlic salt and 1/8 teaspoon pepper; toss to coat. Add to pan. Bake until a thermometer inserted into meat loaves reads 160° and vegetables are tender, 15-20 minutes. Let stand 5 minutes before serving.

**WE SELL HIGH QUALITY, CLINICAL GRADE, ALL NATURAL
SUPPLEMENTS THAT ADDRESS ALL YOUR BODY'S NEEDS!
WE WILL BE HAPPY TO HELP YOU FIND THE RIGHT ONES FOR
YOUR CONDITIONS!**

LIFE CAN BE STRESSFUL!
**HealthyWays offers All Natural Calming
Supplements to help you.**

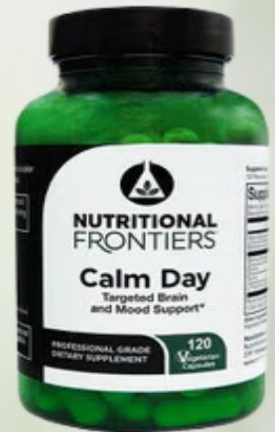
Re-laxx

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.



**Dr. Gabrielle says,
“I swear by these
supplements they
are some of my
most highly
recommended
supplements!”**

