

Kootenai Member Health & Wellness Clinic



CLINIC NEWSLETTER

APRIL 2025 | LET'S TALK: GETTING OUTSIDE



PHYSICAL BENEFITS OF GETTING OUT



Supports all
body functions



Stronger bones
& muscles



Boosts immune
system

Outdoor activities like walking, hiking, and cycling boost circulation, helping lower blood pressure and reduce the risk of heart disease.

Sunlight exposure increases vitamin D levels, which is essential for bone health, immune support, and mental health.

Fresh air and natural surroundings enhance lung function and reduce stress, leading to lower levels of cortisol (the hormone associated with weight gain and inflammation).



MENTAL & EMOTIONAL BENEFITS OF GETTING OUTSIDE



Reduces Stress & Anxiety



Improves Sleep Quality



Enhances Focus & Creativity



Supports Mental Clarity



Boosts Mood & Happiness

WANT TO CASH IN ON YOUR HEALTH?

Your PMR Clinic is giving you **THREE** chances to win **prize \$\$\$** by scheduling your physical early!

To enter one of the drawings, simply schedule and complete your annual physical at the clinic. You will automatically be entered into the correct drawing based on your appointment date- **it's that easy!**

**Initial appointment must be completed in person. Follow-up visit must be completed within 30 days of first appointment to receive prize. No same-day or walk-in appointments will be accepted for physicals. All appointments are scheduled on a first come, first serve basis.*

Prize	First Appointment for Physical Completed:	Drawing Date for Prize
\$200	Jan 1 – June 30	Aug 1
\$100	July 1 – Sept 30	Nov 1
\$100	Oct 1 – Nov 30	Jan 1



Unlike many indoor activities, enjoying nature doesn't require expensive equipment or memberships!

LOCAL WAYS TO CELEBRATE EARTH DAY

[Coeur d'Alene Audubon](#) is hosting a fun-filled family next to McKuen Park to celebrate Earth Day. Stickers and pinecone feeders will be available for the junior birders (while supplies last) and bookmarks for the adults. This day will also include Audubon-led hikes on Tubbs Hill.

Saturday, April 19, 2025
10:00 AM 2:00 PM

Coeur d'Alene Library
702 East Front Avenue
Coeur d'Alene, ID 83814

**For same-day sick visits,
please call 208-686-3371.
We make every effort to
ensure you are seen as
soon as possible!**

CLINIC HOURS

MON 8:00 a.m. – 5:00 p.m.
TUE 8:00 a.m. – 5:00 p.m.
WED 8:00 a.m. – 5:00 p.m.
THU 8:00 a.m. – 5:00 p.m.
FRI 8:00 a.m. – 5:00 p.m.

Need an appointment? Have questions?

Call 208-686-3371

Email pmrkootenaicounty@pmrhealthcare.com

Go online to www.pmrkootenaicounty.com
Use Code: KCmedical24!

Visit 920 W Ironwood Dr, Ste 206, Coeur d'Alene ID

