

Kootenai Member Health & Wellness Clinic

CLINIC NEWSLETTER

JUNE 2025 | LET'S TALK: FAMILY HEALTH & FITNESS

ACTIVITY YOU CAN ENJOY- TOGETHER!

Fun family activities are a great way to create memories while working towards your health and fitness goals! Just a little bit of prep work goes a long way towards setting you up for fun and success.

Here's one way you can involve the whole family!

Set up a fun family brainstorming session at home- set out snacks, turn on music, and write down all of your goals and suggestions together! When you're done, you can vote for or rank the options.

Some ideas to help you get started. Tour the neighborhood on bikes- scavenger hunt anyone? Build obstacle courses and compete to see who can finish the fastest! Go for a jog or hike on a nearby nature path. Cook a healthy new recipe together- get out of your comfort zone in the kitchen! Set up a simple weightlifting routine. Play soccer with a beach ball or play baseball with a tennis ball and racquet. No matter what-- have fun and be creative!



TRY TO GET OUTSIDE – *TOGETHER!*

Warm summer weather is a great excuse for families to get outside and be active! Whether you prefer fishing, biking, walking, or playing a friendly game of basketball, getting exercise together:



Helps families **bond** over shared **hobbies and interests**

Teaches kids to **incorporate activity** into their life

Boosts **mental health** and **memory**

Improves your **physical health**



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



Looking for a fun, family event? Check out the free [Youth Fishing Derby](#) on June 14th

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



FREE SCHOOL & SPORTS PHYSICALS

If your child requires a physical to participate in school and/or extracurricular activities this summer OR in the 2025-2026 school year, schedule a visit for them at your PMR clinic! We will complete school/sports physicals for free to set you up for a fun, healthy season!

READY, SET, (HEALTHY) SUMMER!

Summer is here--- it's time to get excited for busy days full of boating, fishing, camping, T-ball, sports conditioning, sleep away camps, and more!

Don't let summer sniffles ruin your plans-- keep our number on hand for whenever you need a quick, convenient appointment to get back to your scheduled fun!

Exciting News! Shingles vaccinations are coming to your clinic! Call to find out when you can schedule yours!

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

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.