

NEWSLETTER

July 2026

Kootenai Member
Health & Wellness Clinic

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PMR
HEALTHCARE
SINCE 2005

Hydration & Heat Safety At Your PMR Clinic

01

Hydration & Heat Safety

Heat can quickly cause exhaustion or heat stroke—in the summer, avoid heavy outdoor activity 10 AM–4 PM. Drink at least **64 oz** of water daily, more with exercise or heat exposure. Use electrolytes and enjoy hydrating foods like watermelon and cucumbers.



02

Recognize Heat Illness

Heavy sweating, dizziness, headache, nausea, or muscle cramps may be signs of heat exhaustion. Move to a cool place, hydrate, and seek medical help if symptoms worsen or heat stroke is suspected. **Call the clinic if you have questions!**

03

Stay Cool and Prevent Overheating

Higher temperatures increase the risk of heat-related illness. Stay hydrated, keep cool indoors when possible, and check on family, friends, and pets. **Stay connected and stay safe**

SUMMER WELLNESS AT YOUR PMR CLINIC

Did you know hydration and heat safety are critical for your health, especially in hot summer weather? Staying safe in the summer heat is important for maintaining energy and overall well-being. High temperatures can increase the risk of dehydration, especially during outdoor activities. Drink water regularly, take breaks in cool or shaded areas, and replenish electrolytes when needed.

Did You Know? Even mild dehydration can cause headaches, fatigue, and difficulty concentrating. Keeping water nearby throughout the day can help you stay hydrated and feel your best.

In observance of Independence Day,
we will be **CLOSED** on **JULY 3RD**
Thank you and have a safe holiday!



GET PAID TO PROTECT YOUR HEALTH!

All patients who get an annual wellness physical in 2026 have the chance to **win up to \$150!**
See our website for more details, + call to schedule your appointment today!

New patients are automatically entered into a **MONTHLY** drawing for a **\$25 Amazon gift card!**
Send your family today!