



ADVENTURE NEWS

Helping families achieve optimal quality of life so they can go Explore!

TRAIL GUIDE

- Stay Healthy
- Thanksgiving Hours
- Triple A's from Dr. Jones
- Product of the Month

YEAR END INSURANCE AND HSA/FSA NOTES TO MAXIMIZE YOUR BENEFITS

As 2018 is coming to a close, many of your benefits will be renewing January 1st. This is a great time of the year to kick start your 2019 Wellness goals by getting adjusted to feel your best. Also, for those that have met out-of-pocket or deductibles, it is a great time to improve alignment while taking advantage of your benefits.

Many HSA/FSA plans have money that does not carry over to the following year. In addition to chiropractic services, we have supplements and essential oils that may be covered by your plan that you can use these dollars for!

HOW TO STAY HEALTHY THIS SEASON

1. Wash your hands!
2. Stay **hydrated** (half your body weight in ounces is what is recommended)!
3. Take your **vitamins** & oils (Vitamins C and D & Proshield Essential Oil are perfect examples to help your immune system).
4. Get all your hours of **sleep** in (8 hours is best).
5. Get **adjusted!**

Love for Explore Wellness

Dr J. is Ahhh-mazing. I have been seeing her for a few years now and have recommended her to family and friends. Feel better every time I see her.

-Falon M.

THANKSGIVING HOURS

Our office will be closed November 22-23 in observance of Thanksgiving. Please plan accordingly!



Grand Teton from Signal Mountain, Grand Teton National Park, July 2017

ABUNDANCE

"Doing what you love is the cornerstone of having abundance in your life."
—Wayne Dyer
Dr. Jones loves taking care of you and yours! We are happy and humble to be here everyday! Thank you!

ADVENTURE

Whether its skiing, snowboarding, snowshoeing, or snowmobiling, we'd love to see what you're up to! Tag us in your adventures on Instagram and use #whyexplorewellness

ALIGNMENT

Planning to start wellness goals in the New Year? Jump start with improved alignment and exercises so that you're prepared to hit the gym, hills, or pavement with less pain and better biomechanics!



FROM THE PRODUCT SHELF

Ameo Muscle Rub is only \$40 (16% off!) during November! This is a soothing blend that is made to support your sore, overworked muscles. It helps naturally and effectively sooth your muscles!

Dr. Jones uses this on many patients in the office. Great gift idea for active people in your life!

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