

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

TRAIL GUIDE

- CACCP
- Backpack Tips
- Win Tickets!
- Triple A's from Dr. Jones
- Product of the Month

EXPERT CARE FOR FAMILIES IN THE VALLEY

Dr. Jones is certified in pediatrics and pregnancy through the Academy of Chiropractic Family Practice and the International Chiropractic Pediatric Association. She is the only one in Idaho to currently hold this designation!

SCHEDULING

Our schedule has been filling up fast! Be sure to call a few days in advanced for an appointment!

Our office will be closed **August 31st**. Dr. Jones' family is coming to Boise to spend the weekend with her! Please plan accordingly.

IT'S BACK TO SCHOOL TIME!

Back to school means heavy backpacks and potential back pain! Here are a few tips to prevent your child from getting back pain:

1. The backpack should weigh no more than **5 to 10%** of their body weight.
2. Encourage your child to wear **both shoulder straps**.
3. Your child's backpack should never hang more than **4 inches** below the waistline.

BOISE HAWKS TICKETS—LAST CHANCE!

To win **2 tickets to the August 31st game**, send us **postcards** from your vacation or stay-cation! There will be **fireworks** at the end of the game!

Love for Explore Wellness

Dr. Jones has been keeping me amazingly comfortable through early pregnancy. I wouldn't trust anyone else with my body while expecting. Dr. Jones is knowledgeable and so encouraging. The office is comfortable and quiet which is a great escape to start my day. - *Laura K.*



Ochre Sea Stars found while Tidepooling on Shi Shi Beach, Olympic National Park, July 2018

ABUNDANCE

Did you know that we have a lending library?! We have books and DVDs that can be checked out (for free!) We're happy to be a resource for the community and patients.

ADVENTURE

Dr. Jones will be backpacking and is planning to summit Mt. Borah in August. Let us know about your adventures using **#whyexplorewellness**

ALIGNMENT

Babies and kids need care too! Common reasons that littles come into the office are difficulty nursing, colic, constipation, ear infections and sports injuries.



FROM THE PRODUCT SHELF

Explore Wellness has **water bottles!** They are insulated for cold and hot! It is a great way to make sure you are staying hydrated through this hot summer. On average, men need 3.7 liters (~1 gallon) of water to stay hydrated and women need 2.7 liters. **Water bottles will be 10% off the month of August!**

Want to be featured? **Leave us a review on Google or Facebook!**

Want More? Find us on Instagram at [explorewellnessidaho_](#). To keep up with Dr. Jones' adventures follow her on Instagram at [jonesing_for_adventure](#).