



ADVENTURE NEWS

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

TRAIL GUIDE

- When to come in
- Summer Hours
- Closed over July 4th
- Triple A's from Dr. Jones
- Product of the Month

WHEN TO SEE THE DOC

If you're not on a regular plan with Dr. Jones to stay on top of your game and keep exploring the way that you want to, how do you know when you should get checked out? **Dr. Jones recommends getting checked in the following situations:**

1. New injury
2. Any sharp pain
3. Dull or achy pain that lasts more than 3 days
4. Babies—after birth, at 6 months (to check primitive reflexes) and new motor milestones (rolling over, sitting up, crawling, standing, walking)
5. Kids—sports injuries, growing pains, illness, dull/sharp pain as above

SUMMER HOURS

As you all know, we here at Explore Wellness love to go adventuring, and we want you to be able to as well. In condensing our Friday schedules, we will allow only our established patients to get these coveted timeslots for adjustments! Call as soon as you know you'll want a spot so we can have you out having more fun with less pain before the weekend!

FRIDAY HOURS 7AM TO 12PM.
(MTW HOURS REMAIN THE SAME)

JUNE/JULY HOURS

We will be closed **June 28th through July 5th** for Independence Day. We will be back in the office Monday, July 8th!

Love for Explore Wellness

Nobody else I'd trust! Kjersten Jones is knowledgeable, kind and professional! Excellent care taken to get me feeling and walking better!

-Kayla W.



Treasure Valley from Lucky Peak Trail, Boise, Idaho, June 2019

ABUNDANCE

Dr. Jones is grateful to be headed to Colorado and New Mexico in early July to celebrate her anniversary with Brandon. Find her on Instagram ([jonesing_for_adventure](#)) or follow [#whyiexplorewellness](#) to see what they're up to.

ADVENTURE

"WHEN YOU SEE SOMEONE PUTTING ON HIS BIG BOOTS, YOU CAN BE PRETTY SURE THAT AN ADVENTURE IS GOING TO HAPPEN."

—AA MILNE

ALIGNMENT

Dr. Jones has recently taken special interest in learning about fertility! Watch for more information on how she may be able to help you or yours if they are struggling with their health and specifically during preconception.

FROM THE PRODUCT SHELF

Product of the Month in June

Buy One Get One 1/2 OFF– Ice Packs!

This is great for injury treatment and prevention, as well as, sore joints and muscles.

See the front desk at Explore Wellness for more information on this deal!



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