

# EXPLORE *wellness* ADVENTURE NEWS

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

## TRAIL GUIDE

- New Phone System
- Lets Keep Our Trails Clean
- July Hours
- Triple A's from Dr. Jones
- Product of the Month

## NEW PHONE SYSTEM!!

We have teamed up with a third party phone system to help us better communicate with our patients and we couldn't be more excited about it! We now are able to text back and fourth with our patients, send out mass alerts with updates, a pay over text option and just all around better text message reminders! Nothing will change for our patients except you will have an easier time getting ahold of us with ours and your busy schedules!

**JULY HOURS:** We will be closed July 2nd through July 12th! Courtney will still be in and out checking messages!

## LETS KEEP OUR TRAILS CLEAN!



As the weather is warming up and we're all headed out on the trails, let's make sure we hold each other accountable for cleaning up after ourselves! Keeping our trails clean is a huge way to keep our trails open for future use. **Let's all work together to keep Boise the best!**

### *Love for Explore Wellness*

*Dr Jones and her staff are TOP-NOTCH! They take the time to get to know you, your needs, and address your concerns with an individualized approach. More than anything, Dr Jones wants you to feel BETTER - not have to keep coming back for more treatment! I highly recommend Explore Wellness to anyone looking to regain a more balanced life!*

*- April M.*



Selway River, Idaho, May 2020

## ABUNDANCE

During these turbulent times, it is important to recognize the fortunate things in our lives. Consider starting a gratitude journal where you write one thing per day that you're thankful

## ADVENTURE

Joey, Brandon and I were able to do a few hikes outside of Idaho City recently which allowed us to escape some of the Boise heat! What do you do when it gets 90+ degrees?

## ALIGNMENT

Did you know that chiropractic can help with knee and foot pain? If you or someone you know is being held back by this pain, send them our way! We want to keep everyone Exploring!



## FROM THE PRODUCT SHELF

*Product of the Month*

**20% off of Muscle Rub Soothing Oil Blend**

This product is great for those sore, achy muscles! Dr. Jones even uses it in her treatment rooms!

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

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

**Want More?** Follow @jonesing\_for\_adventure on Instagram to watch Joey and Dr. Joneses adventures. And remember to use #whyiexplorewellness to show us what you're up to this summer!