

# CLINIC NEWSLETTER

AUGUST 2024 | LET'S TALK: BACK TO SCHOOL

## BACK TO SCHOOL HEALTH CHECK

As we gear up for another exciting school year, let's ensure our kids are ready to thrive both mentally and physically! Here are some tips to keep in mind:

- Establish a consistent sleep schedule.
- Encourage a balanced diet full of fruits and veggies.
- Promote regular physical activity.
- Support open communication about their feelings and concerns.

Together, we can help our children have a happy, healthy, and successful school year!



## MENTAL HEALTH AT EVERY AGE

School can be a source of some very big feelings for kids, especially at the end of a fun summer! It's essential to focus on kids' mental well-being. You can create a supportive environment where kids feel safe to express their emotions by:

- ❑ Check-in regularly and ask how they're feeling.
- ❑ Encourage them to participate in activities they enjoy.
- ❑ Teach stress management techniques like deep breathing or journaling.





## FUEL FOR SCHOOL SUCCESS

Physical health is key to academic success. Healthy bodies lead to healthy minds! Let's get this school year started on the right foot.

Ensure your kids are ready for school by:

- ❖ Packing nutritious lunches and snacks.
- ❖ Encouraging regular physical activity, whether it's sports, dance, or playground fun.
- ❖ Setting up a routine that includes plenty of sleep and hydration.
- ❖ Getting a sports physical at your PMR Clinic.

# Happy Labor Day

The Clinic will be closed  
Monday, Sept 2nd



**Need an appointment? Have questions?**

Call 317-346-7970

Email [pmrjmh@pmrhealthcare.com](mailto:pmrjmh@pmrhealthcare.com)

Go online to [www.pmrjmhfranklin.com](http://www.pmrjmhfranklin.com)  
Use Code: *PMRjmh2023!*

Visit 1159 W Jefferson St, Ste 101, Franklin IN

*Check website for current clinic hours*

### NEW HOURS!

**Mon, Wed, Fri**  
8:00am – 5:00pm  
(closed 12-1 for lunch)

**Tue, Thu**  
7:00am – 3:30pm

Note: The doors into the 1159 building unlock at 6:50am