

Happy August! May this month be filled with sunny days and lots of fun!

Saturday Hours

Dr. Waters is available one Saturday per month to see patients. Our Massage Therapist, Rosemary, is also available on these dates. Visits are by appointment only and fill up quick! Please contact the front desk to schedule or utilize our [scheduling app](#).

August 7th (This Saturday!)

September 11th

October 9th

November 6th

December 11th

Vacation

Dr. Waters will be out of the office Thursday, September 2nd and will return Tuesday, September 7th.

Blueberry Yogurt Popsicles

Our warmer weather just calls for a refreshing treat! This simple recipe is a perfect way to add fruit and yogurt to your diet.

½ cup blueberries

2 tablespoons honey

½ lemon, squeezed

1 cup plain whole yogurt

Warm the blueberries, honey, and lemon in a pan over low heat for 5 minutes. Transfer to a bowl and lightly mash.

When the mixture has cooled, gently fold in the yogurt.

Pour into molds or ice cube trays and freeze.

If using ice cube trays, allow the mixture to freeze for about 30 minutes before adding popsicle sticks to ensure the sticks stay upright.

National Back to School Month

August is the National Back to School Month. As schools open back up for in class instruction, kids will likely be overfilling their backpacks. To keep backpacks from creating back problems, consider these guidelines:

1. Always use both straps.
2. Make sure the straps are thick and nicely padded.

3. The fit should be snug against the back.
4. The backpack should not exceed 15% of the body weight.
5. If possible, obtain a second set of books to keep at home to reduce the weight.

I'm always happy to check out your backpacks. Bring them with you during your next visit or send a photo.

Check-in Kiosk

Our office has resumed the use of our check-in kiosk. The kiosk allows us to capture important information for your appointment and creates a more streamlined experience when you arrive. The process is quick and easy, and we are looking forward to implementing the feature once again.

Scheduling App

Please use this [link](#) to download and use our Scheduling App. It is available 24/7 and is easy and convenient to use.

Have a Healthy Month!

Dr. Brad