



# CLINIC NEWSLETTER

NOV 2025 | LET'S TALK: MENTAL HEALTH MATTERS

## WE'RE HERE FOR YOU

The holiday season can bring joy! But it can also bring stress, loneliness, and the pressure to 'do it all'. At Your PMR Clinic, we want to remind you that *taking care of your mental health is just as important as looking after your physical health.*

Whether it's setting healthy boundaries, finding time to rest, or talking to someone about how you feel; these small steps can make a big difference. If the season feels heavy, reach out — we're here to listen and help you find balance through the holidays.



## TOP 5 THINGS PEOPLE COMMONLY STRESS ABOUT DURING THE HOLIDAYS



Money & Gift Spending



Time & Scheduling



Overeating & Drinking



Loneliness or Loss



Family Dynamics

**NOTE: Dr. Wheelis will be out of the office 11/10-11/17.** During this time, we will still be available for select visits, but appointment availability may be reduced. We appreciate your understanding and patience. Please call ahead to confirm availability.

# The PMR 1-2-3-6 Program

The PMR 1-2-3-6 Program was designed by medical professionals to help you live your healthiest, happiest life. All PMR patients participate in the PMR 1-2-3-6 Program. The program's name refers to the maximum number of months between your appointments, though you are welcome to visit more often if needed. Adhering to this plan helps patients stay in control of their health while managing chronic issues such as diabetes, asthma, thyroid conditions, anxiety, migraines, depression, and more. Participation in the PMR 1-2-3-6 Program and completion of an annual physical ensures that you are eligible to receive medications from the clinic. Ask us for details at your appointment or check the clinic website.

Your mental health matters—*especially* during the busy holiday season. Our clinic is here to support you with compassionate care, whether you need someone to talk to, help managing stress, or guidance to build healthier habits. Don't wait until you feel overwhelmed—reach out and let us help you find balance, peace, and a plan for better mental wellness.

***The clinic will be CLOSED on Thursday, November 27th***



## What's the difference between same-day and walk-in appointments?

For a same-day appointment, you call ahead and schedule a visit for a specific time slot that same day. For a walk-in appointment, you go to the clinic without calling and are seen based on staff availability, often after hours of waiting. Your PMR Clinic offers same-day appointments to ensure everyone's needs are met in a timely manner.

## CLINIC HOURS

MON 7:00 a.m. – 4:00 p.m.  
TUE 7:00 a.m. – 4:00 p.m.  
WED 7:00 a.m. – 4:00 p.m.  
THU 7:00 a.m. – 4:00 p.m.  
FRI 7:00 a.m. – 4:00 p.m.  
\*Closed daily 11-12

## Need an appointment? Have questions?

Call 406-898-3013

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

Go online to [www.pmrbozeman.com](http://www.pmrbozeman.com)

Use Code: Health1!

Visit 1610 Ellis St, Ste 1B, Bozeman, MT 59715