



PMR
HEALTHCARE
SINCE 2005



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



Family Dynamics



Time & Scheduling



Overeating & Drinking



Loneliness or Loss

ONE MORE CHANCE!

Your PMR Clinic is giving you **ONE REMAINING** chance to win **prize \$\$\$** by scheduling your physical!

To enter the drawing, simply schedule and complete your annual physical at the clinic. You will automatically be entered into the drawing based on your appointment date—**it's that easy!**

**Initial appointment must be completed in person. Follow-up visit must be completed within 30 days of first appointment to receive prize. No same-day or walk-in appointments will be accepted for physicals. All appointments are scheduled on a first come, first serve basis.*

Prize	First Appointment for Physical Completed:	Drawing Date for Prize
\$100	Aug 1 – Nov 30	Jan 1

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.

Need an appointment? Have questions?

Call 812-505-9005

Email pmrcountrymark@pmrhealthcare.com

Go online to www.pmrcountrymark.com

Use Code: CMhealth1!

Visit 405 Southwind Plaza Dr, Mount Vernon, IN

NEW CLINIC HOURS

MON 7:00 a.m. – 7:00 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. – 12:00 p.m.

*M-Th: Closed 12-1 for lunch