



Practice News

- We are currently scheduling through May.
- If you have received new insurance this year, please call the office to update prior to coming in for an appointment.
- Register for our patient portal. You can send non urgent messages, request refills, see immunizations history, and more! Call the office to get set up.



Winter Wellness: How To Maintain Physical Activity in the Winter Months

In the cold weather months, play doesn't have to end. It's important for children to stay active and maintain their fitness levels despite the cold. One effective way to keep them engaged is by encouraging indoor activities that promote physical activity. Organizing dance parties at home, practicing yoga, or engaging in interactive video games that involve movement can be enjoyable alternatives to outdoor play. Additionally, enrolling your child in indoor sports or activities like swimming, gymnastics, or martial arts can provide a structured and fun way to keep them physically active during the winter.

When playing outside, it's essential to ensure that children are properly dressed for the cold weather and that safety precautions are taken to make outdoor activities both enjoyable and safe.

Is Your Child Ready For Sports?



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