



WISHING YOU AND YOUR FAMILY

Happy Holidays

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Whether the holidays make you happy or sad, giddy or stressed, one thing we can all feel is gratitude.

And that is why we extend our personal thanks to you—for showing up, for trusting us with your health, for your smiling faces, and your feedback.

We are on a mission to make fitness fun and accessible to all and it is dedicated members like you who help us make this possible.

However you're feeling this holiday season, know that we appreciate you and we can't wait to see you next year.

**We look forward to partnering with you
to achieve your health and wellness goals in 2024.**



PRAXIS HEALTH GIVES BACK

Make a Food Donation For Those in Need

Non-perishables only, with no home canned foods.

Please Bring Donations to our clinic

Dec. 1st - Dec. 20th

2450 SW Perkins Ave. Pendleton, OR 97801



Food Donations will be made to CAPECO Regional Food Bank



PRAXIS HEALTH
ASK PRAXIS



Sarah Klimek, FNP

Why are Screening Mammograms Important?

We recently asked Sarah Klimek, FNP to learn why she encourages patient to have their Mammograms done.

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October is National Breast Cancer Awareness month. For many of us, this month can be a reminder of friends or family that have been diagnosed with breast cancer in the past, or loved ones that are currently fighting breast cancer.

As a primary care provider, October is not only a month to remember those already affected by breast cancer, but it is also a good time to remind people in our community that breast cancer has a 5 year relative survival rate of 99% when it is detected early in a localized stage, according to the American Cancer Society.

If you know you are due for your screening mammogram, or if you would like to discuss your personal risk of breast cancer, I encourage you to schedule an appointment with me this fall.

Schedule an Appointment Today

Get Your Flu Vaccine

According to the CDC, Flu vaccinations reduce the risk of flu illness by up to 60% among the US population during flu seasons.



Benefits of Flu Vaccinations*

- ✔ Supports flu prevention
- ✔ Reduces the severity of illness for those hospitalized with flu
- ✔ Reduces the risk of flu-related hospitalizations
- ✔ Can be a helpful tool for people with certain chronic health conditions
- ✔ Reduces children's risk of life-threatening influenza

*According to the CDC

How to Book Your Appointment:



Walk-ins

Walk-ins are available for our patients on

Monday - Friday only
from 8am to 5pm



Office Visit

Flu vaccines can also be given during your scheduled office visit, but **NOT during allergy shot appointments**

Patient Portal



Communicate with your care team directly without ever picking up the phone!

Gain access to your health information including:

- Current vitals
- Immunizations
- Lab results
- Important health information



PATIENT PORTAL

[Try Our Patient Portal](#)



Need Help with Patient Portal?

[Download the Guide](#)