Pendleton
Family Medicine
PRAXIS HEALTH

WE ARE GROWING TO CARE FOR YOU BETTER!



Meet Our Newest Providers!



Andrew Odland, DO

2450 SW Perkins Ave

Quick Facts

- Completed medical school at Pacific Northwest University of Health Sciences and Family Medicine residency with Oklahoma State University Center for Health Sciences
- Focused on preventive, patient-centered care with an osteopathic approach
- Enjoys tennis, reading fiction, and spending time with his wife, son, family, and friends



Dixi Esplin, PA-C

2450 SW Perkins Ave

Quick Facts

Starting in November, 2026

- Earned a bachelor's degree from Brigham Young University and completed her Master of Physician Associate Studies at Oregon Health & Science University
- Focused on primary care through preventive services, patient education, and chronic disease management, building lasting relationships with patients at every stage of life
- Enjoys hiking, bouldering, sewing, and a variety of sports, and grew up on a dairy farm in rural western Oregon

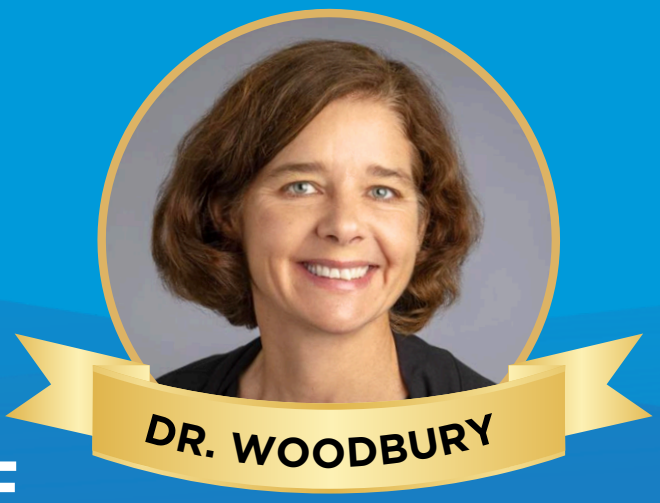
Call Us Today!
(541) 276-1700

Schedule Online
Scan QR Code

Pendleton Family Medicine
PRAXIS HEALTH

thank you

33 YEARS OF EXCEPTIONAL CARE



Celebrating 33 Incredible Years of Care: Happy Retirement, Dr. Woodbury!

After 33 years in medicine, including 6 wonderful years here at Pendleton Family Medicine, I am retiring from active medical practice. Caring for so many of you has been a true privilege, and I am grateful for the trust you have placed in me since I first arrived in Pendleton.

You are in excellent hands with our dedicated team at Pendleton Family Medicine, who will continue to provide the same compassionate care you have come to expect. I look forward to seeing many of you around our community in the years ahead.

With gratitude,
Dr. Woodbury

Thank you Dr. Woodbury!

We are proud to celebrate Dr. Woodbury for her 33 years of dedicated medical care, including 6 years serving patients here at Pendleton Family Medicine. Her compassion, expertise, and commitment have made a lasting difference in the lives of her patients and our community.

Thank you, Dr. Woodbury, for your years of outstanding service. We wish you a joyful and well-deserved retirement!

Get Your Flu Vaccine

Stay healthy and protected this fall and winter - flu shots are one of the easiest and most effective ways to avoid illness.

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PRAXIS HEALTH



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

Get Your Flu Vaccine at Pendleton Family Medicine

According to the CDC, Flu vaccinations reduce the risk of flu illness by up to 50% among the US population during flu seasons.

How to Book Your Vaccination:

Walk-ins Welcome

No appointment? No problem! Stop by during our clinic hours to get your flu shot.

Monday-Friday 9:30 am to 12:00 pm and 1:30 pm-4:30 pm

Already Have an Appointment?

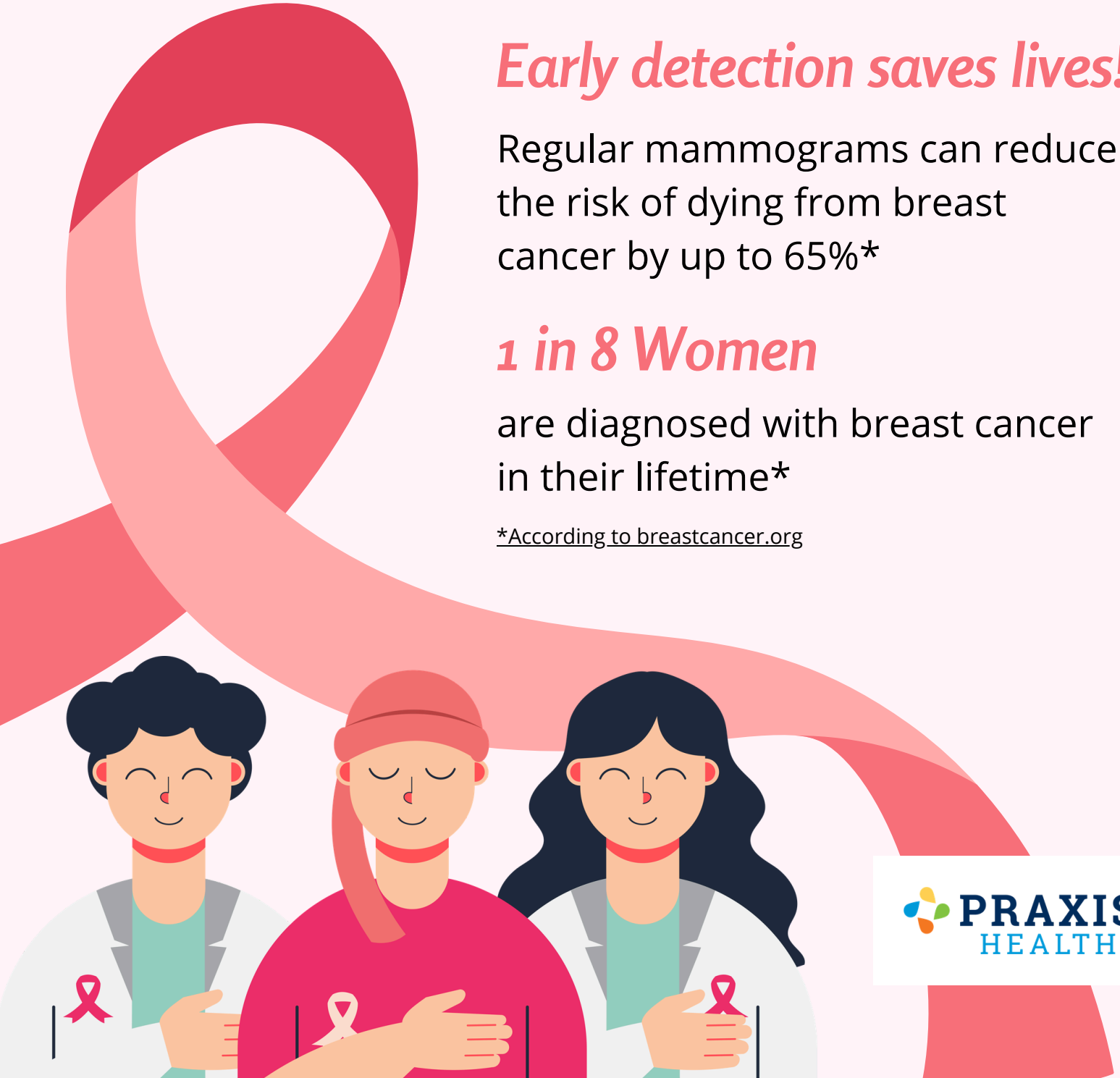
Ask your provider about getting your flu vaccine during your visit!

(541) 276-1700

October is

Breast Cancer

Awareness Month



Early detection saves lives!

Regular mammograms can reduce the risk of dying from breast cancer by up to 65%*

1 in 8 Women

are diagnosed with breast cancer in their lifetime*

*According to breastcancer.org

PRAXIS HEALTH

SUPPORTING HEALTH AND NOURISHING COMMUNITY

FOOD DRIVE

October 1 - November 3

We care about your well-being inside and outside the doctor's office. That is why we are proud to offer our **Food Drive**, designed to help patients and families who may be experiencing food insecurity.

Pendleton Family Medicine
PRAXIS HEALTH



HOW IT WORKS

- Bring your **canned or non-perishable food donations** to either clinic and place them in the designated CAPECO food drive bins located in the lobby.
- Donations will be collected throughout the food drive and provided to CAPECO to help support local individuals and families in need.

CONFIDENTIAL & ACCESSIBLE

- Your Privacy and dignity matter to us.
- All food pantry services are confidential & available to patients in need.

WE ARE PROUD TO SERVE YOU

Pendleton Family Medicine and Pendleton Urgent Care Team

**Please no home-prepped or canned items*

WHAT'S IN THE PANTRY

- Canned Vegetables and Fruits
- Canned Proteins (Tuna, Chicken, Beans)
- Rice, Pasta and Grains
- Breakfast Foods (Cereal, Oatmeal, etc.)
- Snacks & Nutritional Supplements
- Emergency Ready to Eat Meals
- And More

Non Food Items:

- Shopping Bags/Paper Bags etc

YOU CAN DONATE TOO

- A Drop-Off Box is conveniently located in both our Family Medicine and Urgent Care locations:

Pendleton Family Med
2450 SW Perkins Ave.
Pendleton, OR 97801

Pendleton Urgent Care
2474 SW Perkins Avenue
Pendleton, Oregon 97801



Pendleton Family Medicine
PRAXIS HEALTH

Back to School Checklist + Tips

Back to School Checklist

1 **SPORTS PHYSICAL**
Required before most fall sports



3 **VISION SCREENING**
Catch issues before they affect learning



2 **IMMUNIZATIONS**
Check school and state requirements



4 **SLEEP ROUTINE**
Bedtime routines will be adjusted



Stay Healthy this Back to School Season!

Starting the school year off strong means building a few simple habits

- **Wash hands often**, especially before meals and after recess
- **Pack water and a healthy snack** in lunches for extra energy throughout the day
- **Stay active after school** with walks, bike rides, or a fall sport
- **Aim for a consistent bedtime** to stay focused in class