

# 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 Vaccination:

Albany Primary Care  
Dallas Family Care  
South Salem Primary Care



### During Your In-Office Visit

Flu vaccines can be given during your scheduled office visit. Just notify the front desk upon your arrival.

South Salem Primary Care



### Flu Vaccine Clinic Days

Call us to schedule for these days:  
**October 12, 2023 and October 20, 2023**



## We've Got You Covered

We are part of the Pacific Northwest's Leading Independent Healthcare Network - Praxis Health

Looking for coverage in different areas of Oregon? From Primary Care to Allergy Care, we have multiple locations nearby that are in your network!



### Willamette Valley Clinic Locations

● Clinic Locations

## Services that we offer include:



## Praxis Health Willamette Valley Clinics

### Albany Primary Care

2605 Willetta Street SW, D1  
Albany, OR 97321

(541) 924-2873

[AlbanyPrimaryCare.com](http://AlbanyPrimaryCare.com)

### Dallas Family Care

531 SE Clay Street  
Dallas, OR 97338

(971) 612-6100

[DallasFamilyCare.com](http://DallasFamilyCare.com)

### Eugene Endocrinology

147 S 52nd Pl  
Springfield, OR 97478

(541) 485-3636

[EugeneEndocrinology.com](http://EugeneEndocrinology.com)

### Oak Street Medical

1426 Oak Street  
Eugene, OR 97401

(541) 431-0000

[OakStreetMedical.com](http://OakStreetMedical.com)

### Oregon Allergy Associates

1488 Oak Street  
Eugene, OR 97401

(541) 683-1577

[OregonAllergyAssociates.com](http://OregonAllergyAssociates.com)

### Salem Endocrinology

4999 Skyline Rd S  
Salem, OR 97306

(971) 332-8445

[SalemEndocrinology.com](http://SalemEndocrinology.com)

### South Salem Primary Care

4999 Skyline Road S  
Salem, OR 97306

(503) 364-4005

[SalemPrimaryCare.com](http://SalemPrimaryCare.com)

### Thurston Medical Clinic

147 S 52nd Pl  
Springfield, OR 97478

(541) 746-1166

[ThurstonMedicalClinic.com](http://ThurstonMedicalClinic.com)



# Why Are Annual Exams Important?

## ☒ Early Detection of Health Issues

Exams can help detect and diagnose medical conditions or risk factors in their early stages, such as hypertension, diabetes, or certain cancers.

## ☒ Preventive Care and Vaccinations

Stay current with your vaccinations, immunizations, screenings, and counseling.

## ☒ Health Monitoring and Risk Assessment

Monitor your health status over time. Track changes in your vital signs, cholesterol levels, and other key metrics to help assess your risk for various health conditions.

## ☒ Establish a Relationship with Your Provider

Regular visits with your provider help establish a strong doctor-patient relationship. This rapport allows for open communication and allows you to work closely with your provider to make informed decisions about your healthcare.

## Schedule an Appointment Today

[South Salem Primary Care](#)

[Albany Primary Care](#)

[Dallas Family Care](#)

NOW ACCEPTING NEW PATIENTS!

## Quick Facts About Our Provider

- Lisa received her Masters in Physician Assistant Studies at Oregon Health Science University
- She was awarded the Scholars for Health Oregon Initiative (SHOI).
- Lisa enjoys developing strong relationships with her patients which is crucial to helping them with their acute needs and long-term goals.
- She has special interest in well-child checks, women's health, mental health, weight management, and preventative care.
- Her hobbies include hiking, cooking, baking, couponing, and traveling the world.

## Services that we offer include:



Family  
Medicine



Pediatrics

Schedule an Appointment Today!



(503) 364-4005



Lisa Oreschak, PA-C

### South Salem Primary Care



4999 Skyline Road South  
Salem, OR 97306



(503) 364-4005

### Become a New Patient!



Scan QR Code



NOW ACCEPTING NEW PATIENTS!

## Quick Facts About Our Provider

- McKayla is excited to join our South Salem Primary Care clinic and care for those in her community and empower patients to live healthy, fulfilling lives.
- McKayla was born and raised in the Salem area
- She earned a Master's degree in Physician Assistant studies at Oregon Health & Science University
- She is a member of the Oregon Society of Physician Assistant and the American Academy of Physician Assistants

## Services that we offer include:



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Medicine



Pediatrics

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(503) 364-4005

McKayla Pollard, PA-C

### South Salem Primary Care



4999 Skyline Road South  
Salem, OR 97306



(503) 364-4005

### Become a New Patient!



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## Quick Facts About Our Provider


- Brenda has over 20 years of experience working as a registered nurse in diverse healthcare settings including 5 years as a FNP.
- Brenda's experience in nursing ranges from emergency room, medical-surgical, community health, and pediatrics.
- Brenda has a Master of Science in Nursing at Gonzaga University.
- In her free time, she enjoys fellowship with her church community, hiking and exploring Oregon, water sports, gardening, and reading.



**Brenda Hess, FNP**

### Dallas Family Care

 531 SE Clay Street  
Dallas, OR 97338

 (971) 612-6100

### Become a New Patient!



Scan QR Code

## Services that we offer include:



Family  
Medicine



Pediatrics

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(971) 612-6100