

Struggling to Get a Good Night's Sleep?

Join the Healthy Sleep Class!



Sleep Better. Feel Better.

Praxis Health invites you to join our **Healthy Sleep Class**, a supportive, group-based program designed to help you improve your sleep patterns using proven, evidence-based strategies.

This virtual class is grounded in **Cognitive Behavioral Therapy for Insomnia (CBT-I)**, the gold-standard, non-medication approach for improving sleep quality and consistency.

What You'll Learn

- Practical tools to fall asleep faster and stay asleep longer
- How thoughts, habits, and routines affect your sleep
- Strategies to reset your sleep schedule and build healthier patterns
- Support and accountability in a small group setting

Class Details



Jason Prinster, PhD
Behavioral Health Psychologist

High Lakes Health Care -
Praxis Health

Led by: Jason Prinster, PhD

When: Thursdays at 4:00 PM

Length: 6 weeks

Format: Virtual group class

Take the First Step Toward Better Sleep!



Talk to your provider for more information or to see if this class is right for you.



WE ARE GROWING TO CARE FOR YOU BETTER!

Meet Our Newest Providers!

Primary Care Providers



[William Cates, DO](#)

 2175 NW Shevlin Park Rd
Bend, OR

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[Amro Elgeziry, MD](#)

 2175 NW Shevlin Park Rd
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Gynecology



[Courtney Van
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Psychiatry



[Donna Linton,
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[Henry R. Rivera, Jr.,
PhD, ACNP-BC,
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FEBRUARY IS

HEART MONTH



February is American Heart Month, and there's no better time to know your numbers.

Heart disease is the leading cause of death in the U.S., but many risk factors are preventable or manageable with the right information and support.



Knowing your blood pressure, cholesterol, and blood sugar levels is the first step to protecting your heart.



Book a Heart-health Visit this Month

If it's been more than a year since you've had these checked, or if you have a family history of heart disease, now's the time!

[\(541\) 389-7741](tel:5413897741)

3 TIPS TO PROTECT YOUR JOINT HEALTH

The wintertime months can be tough on your joints. Cold weather, less activity, and stiffness go hand in hand.

1 FIND WAYS TO STAY ACTIVE

Gentle movement keeps joints flexible. Some ideal activities include indoor yoga or swimming.

2 LAYER UP WHEN YOU'RE OUTSIDE

Cold weather can stiffen joints so it is extra important to dress warmly during outdoor activities.

3 TAKE EXTRA CARE TO DRINK WATER

Winter dehydration affects joint lubrication. Be mindful of how much water you are consuming.

REMEMBER: MOVEMENT IS MEDICINE.

Even 10-15 minutes of gentle stretching or walking indoors can make a big difference.

WE CAN HELP.

If joint pain is interfering with your daily life, your primary care team can help assess the cause and create a personalized plan to keep you active.

