

# Imagine Better Health

## FAMILY CLINIC

**PATIENT CENTERED**  
PRIMARY CARE HOME PROGRAM

- Walk-Ins welcome
- Appointments preferred

**541-966-0535**

**3001 St. Anthony Way  
Pendleton**

Located in the hospital  
medical office building

## Women's Clinic

**Michael J.  
Brunsmann, M.D.**  
Obstetrics &  
Gynecology



Board Certified  
American Board  
of Obstetrics and  
Gynecology

**541-966-0535**

## Orthopedic Clinic

**William F. Bell, M.D.**  
Orthopedics & Sports  
Medicine



Board Certified  
American  
Board of  
Orthopedic  
Surgery

**541-966-0535**

## Internal Medicine Clinic

**Arian Kargar, D.O.**



Board Certified  
American Board  
of Internal  
Medicine

**541-966-0535**

## Car Seat Check



*Come by  
and get  
your car seat  
checked by  
a child  
passenger  
safety  
technician.*

## Breast Feeding

**Elizabeth  
Michael**

Childbirth  
Education



- Inpatient lactation consults
- Outpatient lactation consults by appointment
- Breast feeding classes
- Learn the benefits of breast feeding

## Mom & Baby Support Group



*Meet and talk with  
other mothers in a  
relaxed  
atmosphere where  
you can ask  
questions and  
receive support.*

**1st & 3rd Fridays • 9 am - 11 am  
FREE • Newborn to 18 months**

## Childbirth Classes



- Labor & birth information
- Pain medication
- Breathing, relaxation & coping techniques
- Cesarean delivery
- Breast feeding
- Tour of the Birth Center
- How your partner can help



**CHI  
St. Anthony  
Hospital**

**For more information,  
call 541-966-2541  
2801 St. Anthony Way  
Pendleton, OR 97801  
[www.sahpendleton.org](http://www.sahpendleton.org)**