

Meet Our New Provider

Now Accepting New Patients

Quick Facts About Our Provider

- Board-certified PA who holds a Bachelor of Science in Biology from Washington State University and a Master of Physician Assistant Studies from Mercyhurst University in Erie, Pennsylvania
- Brings a special interest in Women's Health, pairing preventive care with a personalized approach to helping patients reach their long-term health goals
- Has lived and studied across Pennsylvania, Oregon, Washington, and Texas, and is now happy to call Idaho home near family and friends; loves hiking, paddle boarding, skiing, live music, and local events



Marisa Barrett, PA-C

Prairie Family Medicine



1130 W. Prairie Avenue
Coeur d'Alene, Idaho 83815



(208) 209-0288



[PrairieFamilyMed.com](https://www.PrairieFamilyMed.com)

Services that she offers include:



Family
Medicine



Women's
Health

Become a New Patient



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Get Your Flu Vaccine

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



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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

We offer flu vaccinations for the entire community!

You do not need to be a Prairie Family Medicine patient to get your flu shot. We offer flu vaccinations for ages 6 months and Up. Stay healthy this flu season!

-Your Prairie Family Medicine Care Team



How to Book Your Vaccination:

1. View Vaccination Dates and times below
2. Call to Schedule (By Appointment Only)

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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

Sports physicals

Get Kids in for Annual Sports Physicals

Fall sports season is here! A sports physical checks more than a signature on a form: it reviews heart health, growth and development, past injuries, and any conditions that could affect performance or safety on the field, court, or track.

If you haven't already, be sure to **make time for your child's appointment!** Completing this early gives time to follow up on anything that needs a second look before the season starts.

What to Bring

- ✓ Any required school or league physical form
- ✓ A list of current medications or supplements
- ✓ Details on past injuries, surgeries, or ongoing conditions

How to Get a Sports Physical

Please call to schedule your child's sports physical

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October is

Breast Cancer

Awareness Month

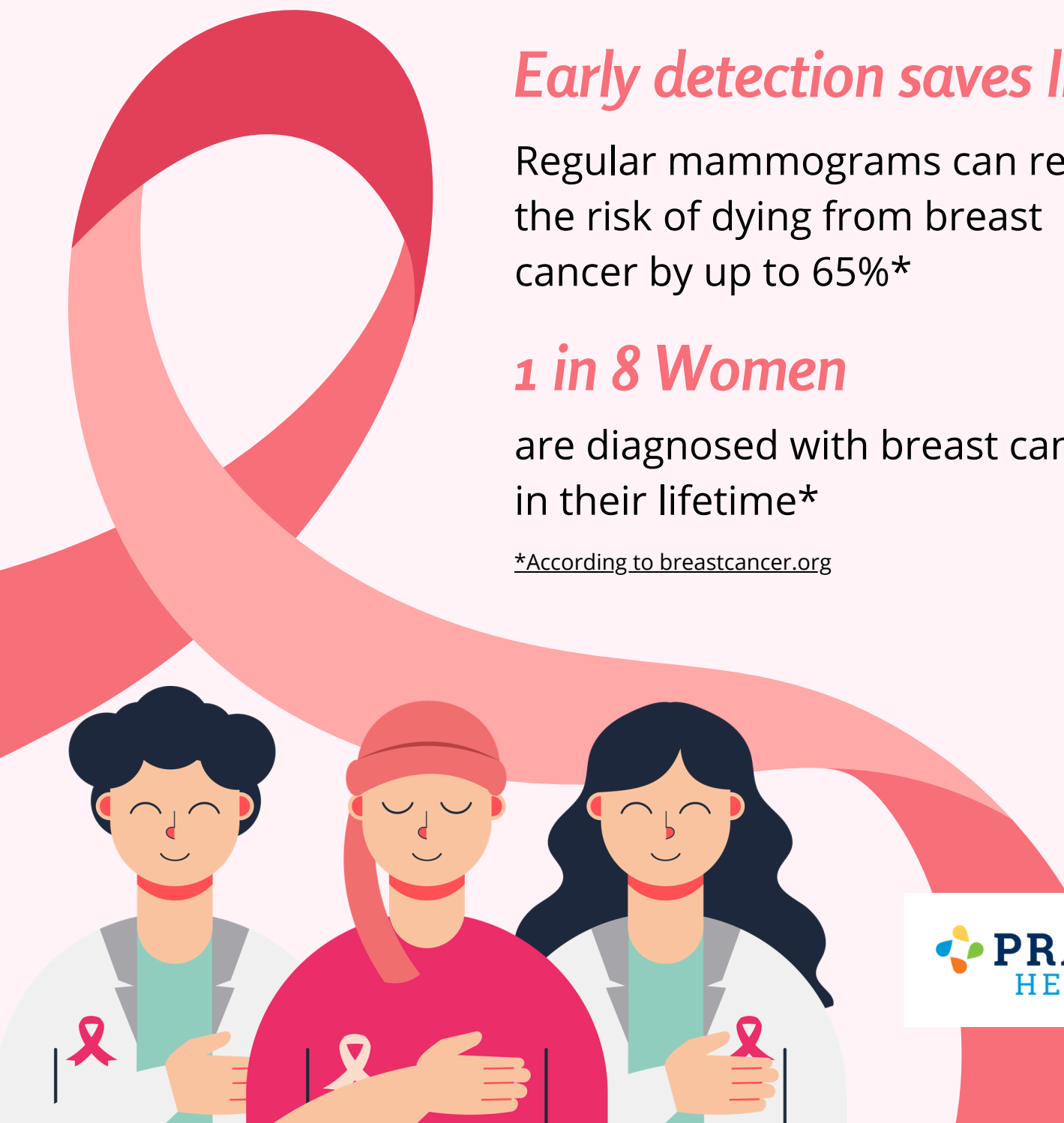
Early detection saves lives!

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

1 in 8 Women

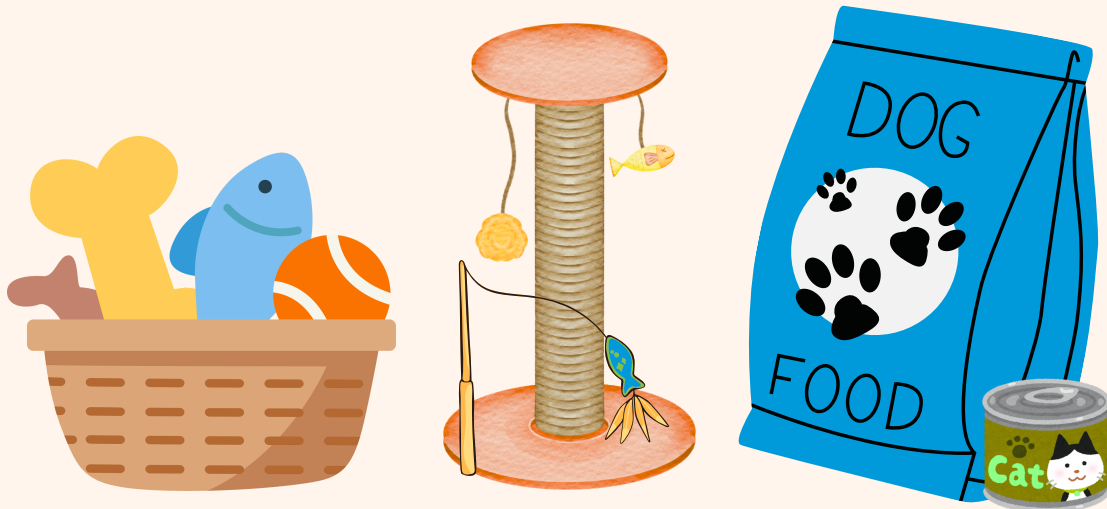
are diagnosed with breast cancer in their lifetime*

*According to [breastcancer.org](https://www.breastcancer.org)



 **PRAXIS**
HEALTH

SUPPORT OUR COMMUNITY PET DRIVE THIS HOLIDAY SEASON



Prairie Family Medicine will be collecting donations for our local pet shelters **October 1st through December 30th!**

Help us spread a little extra love to the animals in our community this holiday season. ❤️🐾🐱

Let's fill our donation box and help keep some local tails wagging! 🐾

What We're Looking For:

- Unopened and non-expired canned and bagged food items for dogs and cats
- Sealed commercial treats
- Gently used or new towels, small-to-medium blankets, and washable pet beds.
- Durable rubber toys (like Kongs), new stuffed animals made for pets
- Unopened cat litter

Where to Donate

Drop-off Location:

Prairie Family Medicine
1130 W. Prairie Avenue
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Collection Dates:

10/1/26-12/30/26