

FOCUS ON HEALTH

SPRING 2017



care you trust.

St. Charles Family Care

SISTERS
541-549-1318

StCharlesHealthCare.org

Spring is the season to start focusing on leading a more healthful, well-balanced life. Time to off-load some stress, get outdoors, time to enjoy the beauties and challenges of the outdoor wonderland that is Sisters Country.

It's also an injury-prone season, since we all tend to want to do too much too soon, to tackle the yard

work all at once or hit the trail for miles and miles.

Whether you are looking to be more health-conscious and active, or trying to avoid or recover from the strains of being too active, you can find the services you need in Sisters.

Explore these pages for resources to help you make your life more healthful and fulfilling this year.

St. Charles Family Care

At St. Charles Family Care, we are passionate about providing patients with comprehensive medical care close to home. At our Sisters clinic, we provide a team approach to your care. Our clinic is staffed with primary care physicians, highly trained medical assistants and a nurse care coordinator. Also available are X-ray services and an outpatient laboratory.

By using our team-based care approach, we hope to ensure you receive the treatment you need based on your unique health circumstances. This care team will partner with you as you pursue your healthcare goals both inside and outside of our clinic. Because the Sisters clinic is part of St. Charles Health System, our patients benefit from ready access to specialized services, including



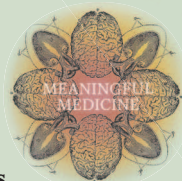
onsite visiting cardiology and orthopedics. We believe active engagement between you and our clinic team is an important part of achieving your healthcare goals.

Call 541-549-1318 for an appointment.

Dr. Kim Hapke can figure out what will help with your "mystery" health complaints.



Cardiovascular disease, depression, anxiety, sleep, auto-immune, digestion, Alzheimer's, pain, inflammation...



Free consultations.

KIM HAPKE, N.D. | 971-409-0908
Naturopathic Medicine & Counseling
Bridging Traditional and Holistic Medicine
SISTERS ART WORKS BUILDING

Dr. Kim Hapke

It happens to all of us at some point — we're confronted with health issues and a decision: Do nothing, or go on medications?

"Natural medicine can fill that gap and be really effective," says Dr. Kim Hapke.

Dr. Hapke can suggest safer alternatives and/or suggest ways that you can use natural medicine to augment medications to mitigate side-effects or improve results. It's important that you don't tinker on your own — you need to have the help of an expert, and that is Dr. Hapke. With in-depth knowledge and access to products of known and consistent high quality, she can help you get the results you want safely.

And if you're worried about expense, Dr. Hapke can help. In fact, she can often help you winnow



down the amount of stuff you're purchasing and taking.

"I can work with people's budgets and get them treatment that works within their budget," she says.

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HEALTH IS WEALTH
2017 Shibui Spring Detox
April 20th - April 30th
ShibuiSpa.com
541-549-6164
720 Buckaroo Trail, Sisters

Shibui Spa

It's spring — a time of renewal. Renew yourself or someone you care deeply about at Shibui Spa in Sisters.

There is still time to participate in the annual Shibui Detox program. Many participants come back yearly to renew their commitment to overall health. Let us coach you through this 10-day program and show you how easy it is to learn to incorporate good habits into your everyday routine all year long.

Through the end of May (excluding holiday weeks) Shibui is offering loyal clients a special price each Wednesday.

Do you have a special person in your life that would benefit from the healing touch of massage? Our generous therapists are donating their time,



and Shibui is offering free-of-charge treatments to that person in need on a case-by-case basis. We invite you to recommend a person in your life that would benefit from this gift by sending a narrative of their "story" to info@shibuispa.com.