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My goals are simple ... they are yours!

Greg Johnson
Real Estate Consultant/Broker

Cell: 541-408-3344
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Laredo Construction

If you've been thinking about building or remodeling in Sisters Country, now is the time to act. Interest rates are low, but cost of materials is starting to rise.

If you're ready to pull the trigger on that project, call Laredo Construction. Their clients know that Bruce Merrell and his highly skilled crew will do their work well, in a timely fashion and with intense attention to detail.

Communication between client and contractor is key to a successful project of any size, and Laredo Construction makes sure you know the schedule and know where every dollar is going on your project.

Laredo Construction values relationships, and many clients have engaged with them for years for additional work from maintenance to additions and remodels to building a new home. There's a reason for that: Laredo Construction delivers excellent work and isn't satisfied until you are.



Three Sisters Chiropractic

Folks in Sisters lead an active lifestyle. Sometimes that leaves you injured and hurting. That's when you turn to Three Sisters Chiropractic.

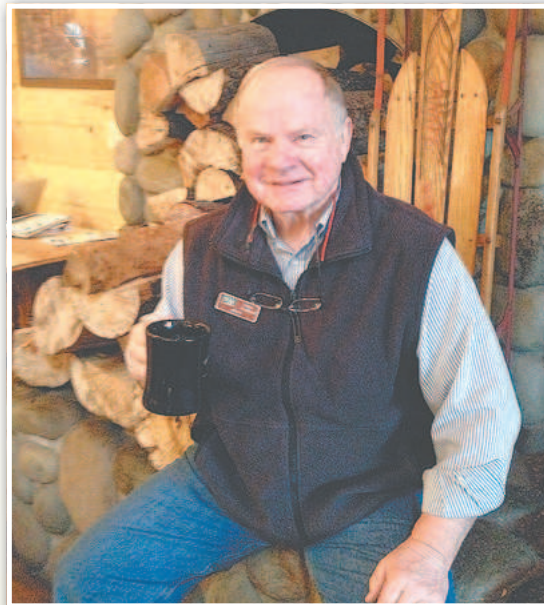
Inice Gough's practice stays at the leading edge of treatment modalities to help you deal with sports injuries — old and new, chronic or acute — and unexpected setbacks like an accidental fall or a car crash.

Gough has added to her certifications with FAKTR — Functional and Kinetic Treatment and Rehabilitation. This technique, based on fascial stretching, breaks up adhesions and stimulates cellular activity to get you on the road to healing and recovery. This technique works well with injuries to extremities and is effective on those difficult shoulder injuries.

From chiropractic treatment to ultrasound and laser treatments to mechanical traction, Three Sisters Chiropractic has a full tool kit to you get back to your active Sisters Country lifestyle.



Sisters Businesses Are... AT YOUR SERVICE!



Exit Realty

I am a "Recreologist" by trade and possess a passion for the active lifestyle Sisters and Central Oregon offer.

I am in the real estate business where real estate is my product, but people are my business.

Before moving to Central Oregon I spent 25-plus years in the recreation and parks business developing parks and programs, always with the interest of people in mind. I enjoy teaching the value of a leisure lifestyle filled with exploration and adventures — adventures that enrich life and the individual and contribute to the value of the individual and appreciation for their surroundings.

I am in Sisters by choice, and I love to share the reasons for my choices. I look forward to serving my clients, my friends, my family, church and community with all the benefits that our home, Sisters, has to offer.

Know that in my business dealings that my goals are simple — they are yours!



Go Beyond Your Edges

Are you in the midst of a major transition in your life and not sure which direction to go? Do you know that you are changing, but you're not sure exactly what you want in life?

There's nothing wrong with you that needs to be "fixed." You already have all the resources and creativity you need to move forward — you might just need a little help identifying the right road ahead. That's where Go Beyond Your Edges can help.

Susan Prince is a life coach who can help you identify what you really love and help you find the right way to pursue those things. She'll help you identify goals, plan for achieving them — and cheer you on. Sometimes you need help getting through the emotional impact of a loss or transition. Go Beyond Your Edges is there for you.

In person or over the phone, Susan offers a variety of process and choice-making exercises that help you to put your feet on your true path.



Therapeutic Associates

Sometimes our active lifestyles in Sisters Country have a downside: You get injured. Fortunately, we have Therapeutic Associates Physical Therapy to help us heal up and get back to our favorite activities quickly and safely. Working with them on nagging injuries can also help avoid getting sidelined in the first place.

Therapeutic Associates is conveniently located on the FivePine Campus next to Sisters Athletic Club, which allows them to use the SAC pool for aquatic therapy, one of the best rehab protocols available. You can also "step down" your rehab from full-on physical therapy to recovery and strengthening work at the club with a trainer.

Therapeutic Associates also partners with SAC on quarterly workshops. A Foam Rolling Workshop is set for 4:30 p.m. on Thursday, January 29. Participants will learn self-massaging techniques with foam rollers.



Ponderosa Forge & Ironworks

If you need any kind of metal work done, Ponderosa Forge is a one-stop, full-service shop right here in Sisters.

It's a welding shop that can do repairs at the shop or on-site, and they can handle heavy sheetmetal work, aluminum fabrication and copper work. Ponderosa Forge can produce structural steel and architectural iron and has done work on many major projects throughout the Pacific Northwest.

From small repairs to major projects, Ponderosa Forge handles them all with top-quality work and excellent customer service.

Ponderosa Forge also has a national reputation as a premier blacksmith shop producing iron accents for your home from fire pits to cabinet pulls.

Whether you want iron masterworks for your dream home or just need to get a piece of equipment fixed with a quick, clean, quality welding job, Ponderosa Forge & Ironworks is the place to turn.

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I am a life coach whose specialties are:

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- Changing careers and/or finding new passions
- Mentoring young people through rites of passage
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Go Beyond Your Edges
Susan Prince | 541-588-6612

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