

# Focus on health

— SPRING 2015 —

Spring was sprung early in Sisters Country.

That means it's the perfect time 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.

In addition to all its natural advantages, Sisters is home to service providers and health practitioners whose mission is to preserve and enhance your health and well-being.

It is a remarkable blessing to be able to live in a relatively remote area with a

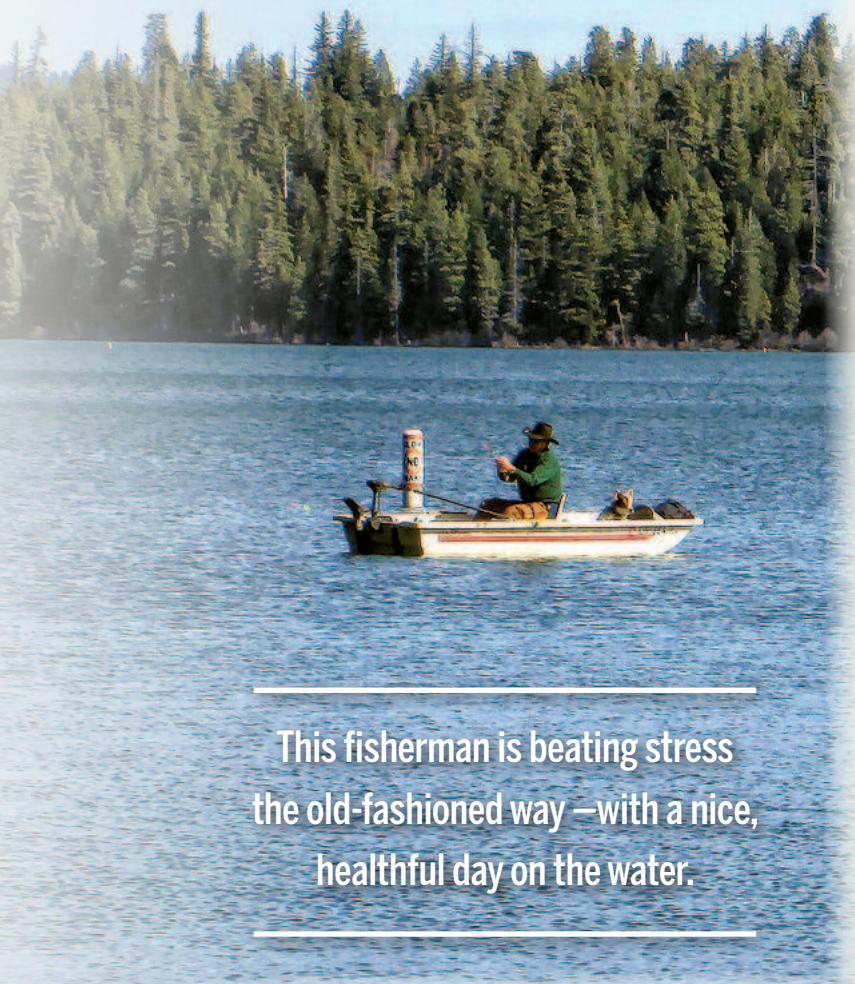
healthy environment, yet have so many health resources available. Top-notch medical care is available right in town at local clinics, where the focus is not just on treating illness, but on promoting your well-being. And Sisters offers naturopathic options to help you find wellness.

From hearing to eyecare to coping with diabetes, there are skilled professionals who are expert in providing the highest standards of care. And there are outstanding services to help our loved ones in their twilight years.

For those of us who pursue an active lifestyle, there are folks who can get you outside and involved in exciting activities — and those who can get you back in the saddle when you need to recover from hard work or injury.

We live in healthful abundance. Make the most of it.

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



This fisherman is beating stress the old-fashioned way — with a nice, healthful day on the water.

PHOTO BY CONRAD WEILER

**Sprint to Your Care for**

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SPORTS PHYSICALS  
— Through March 17, 2015 —

**Your Care**  
*your health*

**OPEN EVERY DAY INCLUDING WEEKENDS**  
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YourCareMedical.com  
3818 SW 21st Pl. • Take Hwy. 126 to Redmond, two turns and you're there! (Near fairgrounds)  
**WALK-IN • URGENT CARE**  
**OCCUPATIONAL MEDICINE**

## Your Care

When you're sick or injured, the last thing you need to hear is that you have to wait for a doctor's appointment.

That's not a problem at Your Care. Located just a short drive down the road in Redmond, Your Care offers accessible, expert same-day care. It doesn't have to be an emergency. If you're under the weather or if you have a fishhook stuck in your thumb or debris in your eye from a workplace incident, the staff at Your Care will get you taken care of.

"Short of a bad car accident with lots of trauma, or a heart attack or stroke in progress, there's not a lot we can't handle otherwise," says Dr. Eric Wattenburg.

The Wattenburgs hail from Sisters and they



welcome patients from their hometown. So whether you need a check-up or help with an illness or injury, make the trip to Your Care, where your needs are the top priority.

**Professional skincare with Éminence Organics Hair & Nails**

*Essentials Skincare*

**March Makeover Special**

- 1/2 weave/highlights by Juanita **\$125**
- Deep-pore cleansing exfoliation facial by Karen
- Mineral makeup application

**Add a pedicure for just \$30!**

**Complimentary Consults/Samples**

Karen Keady, RN, NCEA Certified Esthetician  
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## Essentials Skincare

Essentials Skincare has added customized 30-minute express treatments to our service menu, for clients wishing to target specific concerns in a comprehensive appointment.

At \$30 per session we offer the Hydra-calm acne treatment, the mini vitamin C facial, the stress-reliever massage (shoulders, head, and neck), the beautiful back (sugar scrub and massage) or the quick pick-me-up facial (cleanse, massage, and makeup application).

Named favorite skincare line by professionals six years in a row, Éminence Organics continues to give back by donating a record-breaking \$30,000 to breast cancer research in 2014. Plus, Éminence has planted three million trees worldwide by donating a portion of every product sold to "Forests for the



Future." Visit [www.eminenceorganics.com](http://www.eminenceorganics.com) to learn more.