

focus on health

Fall 2015



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The Center Orthopedics at St. Charles Family Care

Find Strength Here



Dr. Timothy Bollom
An orthopedic surgeon specializing in sports medicine, Dr. Bollom has over 15 years of experience and looks forward to helping you be strong again.

The Center Orthopedics at St. Charles Family Care
630 N Arrowleaf Trail | Sisters

From armchair warriors to professional athletes, The Center is proud to serve the Sisters community.

Dr. Bollom's next three clinic dates are:

Wednesday, November 4

Wednesday, November 25

Wednesday, December 16



THE CENTER
ORTHOPEDIC & NEUROSURGICAL CARE & RESEARCH

TheCenterOregon.com
For appointments in Sisters call
541-322-2352

It's a great time to focus on living a more healthful, balanced life. Time to off-load some stress, time to enjoy the beauties and challenges of the outdoor wonderland that is Sisters Country.

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.

From businesses that provide healthy food alternatives to practitioners who help

you repair — and more importantly prevent — injury, the Sisters community provides every healthful amenity, whether you are an aspiring Olympian, or just someone who wants to enjoy an active, pain-free lifestyle in beautiful surroundings.

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.

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

The Center

The Center is the premiere location throughout Central Oregon for diagnosis and treatment of problems associated with the musculoskeletal system, which includes bones, joints, ligaments, tendons, muscles and nerves.

Since 2012, Dr. Timothy Bollom, an orthopedic surgeon specializing in sports medicine, has been seeing patients in Sisters at St. Charles Family Care. He treats patients of all ages and diverse backgrounds, with a focus on comprehensive diagnosis and treatment of knee and shoulder disorders. From simple arthroscopy to total joint replacement, he utilizes minimally invasive techniques and a sports medicine philosophy of returning patients to normal activity as quickly as possible.



The Center is home to some of the region's most highly skilled orthopedic surgeons, neurosurgeons and specialists. From conservative measures to sophisticated, minimally invasive operative techniques, our dedicated doctors and staff offer the care you need for the best possible outcome. To make an appointment, go to www.thecenteroregon.com.

Sisters View Ranch

Grass-fed Angus beef from Sisters View Ranch is an ideal way to enhance your healthy Sisters Country lifestyle.

These cattle receive no hormones or antibiotics. Sisters View Ranch beef is grass-fed, resulting in less total fat, more heart-healthy Omega-3 fatty acids, more healthy fats believed to reduce heart attack and cancer risk and more antioxidant vitamins such as Vitamin E.

And not only is this beef a healthy alternative — it offers superb taste. All beef from Sisters View Ranch is aged for 21 days prior to processing to achieve maximum flavor and tenderness.

Sisters View Ranch's grass-fed Angus beef is available in quarters, halves or wholes, consisting of about 50 percent hamburger, 25 percent steaks



and 25 percent roasts. Individual packages are available in vacuum-packed see-through packages that let you see exactly the quality of beef you are purchasing.

For your healthy lifestyle — and for an outstanding dining experience — turn to Sisters View Ranch for superior quality beef.

SISTERS VIEW RANCH
PURE BLACK ANGUS BEEF!
No hormones. No antibiotics.
Your Locally Grown Grass-Fed Beef

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