

focus on health

Fall 2015



Pg. 17



Pg. 20

- Does the change of seasons make you SAD? pg. 14
- Health benefits of animal therapy for older adults pg. 15
- Massage offers significant health benefits pg. 16
- Talking about death and dying pg. 18

GRAND OPENING



Selah Broderick, LMT Lic.#15583

Fri., Oct. 23 • 5:30-7 p.m.

207 N. Fir St. (Above Cascade Fitness)
541-241-0043 • www.seylabviestudio.com

Enjoy live music by recording artists
Heather and Peter Broderick
Music starts at 6:15 p.m.
Selah will play a couple of tunes with her children.

Prizes & Refreshments!
Don't miss this wonderful event!

Sey-Lah-Vie! Studio

Sey-Lah-Vie! Studio meets you where you are to help you improve and enhance your movement and well-being. Whether its working one-on-one with people in recovery from injury or accident or teaching classes for folks of all ages and abilities, Selah Broderick uses everything she's learned over years of practice to help her clients.

Anyone who can get up and down off the floor can benefit.

Selah combines movement arts including yoga techniques, Pilates and other range-of-motion techniques to get you moving. And massage and relaxation techniques can help you relax and slow yourself down, which can be critical to your well-being.

Classes at Sey-Lah-Vie! Studio are tailored



to the needs of those who attend, not a specific program.

"I teach to who's here," Selah says.

Improve your movement, improve your life and enjoy a time of relaxation and serenity at Sey-Lah-Vie! Studio, located above Cascade Fitness on Main Avenue (there's an elevator).



AUTO | HOME | LIFE | BUSINESS | RETIREMENT

Need health insurance?
Advice at no cost to you

Affordable Care Act Open Enrollment Begins 11/1/15 and Ends 1/31/16

Call 541-549-6946 for your appointment!



Linda Alldredge

541-549-6946

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Country Financial

November 1 marks the beginning of the open enrollment period for the Affordable Care Act (ACA), commonly referred to as Obamacare.

It can take hours and hours to wade through the available plans and programs and to fully understand them. And then you're left with doubt — did you pick the right plan?

"If they don't do that right, there can be consequences," says Linda Alldredge of Country Financial in Sisters.

Fortunately, Alldredge is an expert in getting people enrolled in ACA with the right plan for them.

"They're looking to me for that expertise, to get through that website," Alldredge says.

Best of all, *there is no cost to you* for that expert



assistance.

Enrolling in ACA and choosing the right plan is critical for your health and finances. Take the headaches and doubt out of the process by contacting Linda Alldredge at Country Financial right here in Sisters.

Looking for Your Dental Home?



Call and schedule an appointment today and come meet your local Dentist
Nicole Youngers, DDS.



888-468-0022 ext. 840

www.AdvantageDentalClinics.com

354 West Adams Sisters, OR 97759

Emergencies, most Insurance Plans and Oregon Health Plan Patients are all welcome.
Some level of treatment financing is available to everyone.

Advantage Dental

Your dental health is critical to your overall well-being — yet dental care is often a corner cut when hard times hit. Advantage Dental Clinic, in Sisters, is on a mission to ensure that quality dental care is accessible and affordable for everyone in the Sisters community — not just those with money.

Getting your teeth cleaned can prevent many diseases and can help you avoid more complicated and expensive dental and health problems down the road. Not everyone can afford a "perfect mouth," but with Advantage Dental Clinic you can afford a clean, healthy mouth.

Advantage Dental offers payment plans that bring good dental care within reach, and they are the one of the largest dental Medicaid providers in



Oregon. They have urgent appointments available for those faced with a dental emergency.

Don't let cost or lack of insurance coverage compromise your health. Call Advantage Dental Clinic 888-468-0022 ext. 840 for an appointment, and keep yourself and your finances both healthy.