

Focus on health

— SPRING 2016 —

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.

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.

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.

And for all of us, there are healthy food options that can make enjoying a healthful — and delicious — diet not only accessible, but downright convenient.

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.



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1011 Desperado Trail, Suite 201
Sisters, OR 97759

www.therapeuticassociates.com/Sisters

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 — or avoid getting sidelined in the first place.

To that end, they'll host a golf fitness clinic in early May, so you can swing into the season safe and strong.

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.



Young athletes can get their injuries evaluated and treated at a free clinic with Alex Walker each Wednesday and Thursday morning from 7:30 to 8:30 a.m. That's part of Therapeutic Associates' commitment to keeping youth safe and out on the court or playing field.

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www.AngelinesBakery.com

Angeline's Bakery & Café

Angeline's Bakery & Café has built a reputation across Central Oregon for providing delicious and healthful meals and treats that everyone can enjoy.

"Everybody wants to be eating healthy, but they don't necessarily have the time," says owner Angeline Rhett.

Angeline's helps you solve that problem by offering you the pieces to put together your own meals — whether it's gluten-free bread, raw crackers, cashew cheese or a salad to go, you'll find options here that you can take home and get together in a hurry — and feel good about what you're putting on your table for your family.

You can order for pickup or order up fresh juice to grab and go. At Angeline's Bakery & Café, convenience doesn't mean sacrificing quality or taste. It



means you get to enjoy great food that meets your dietary goals — and tastes great!