

# 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

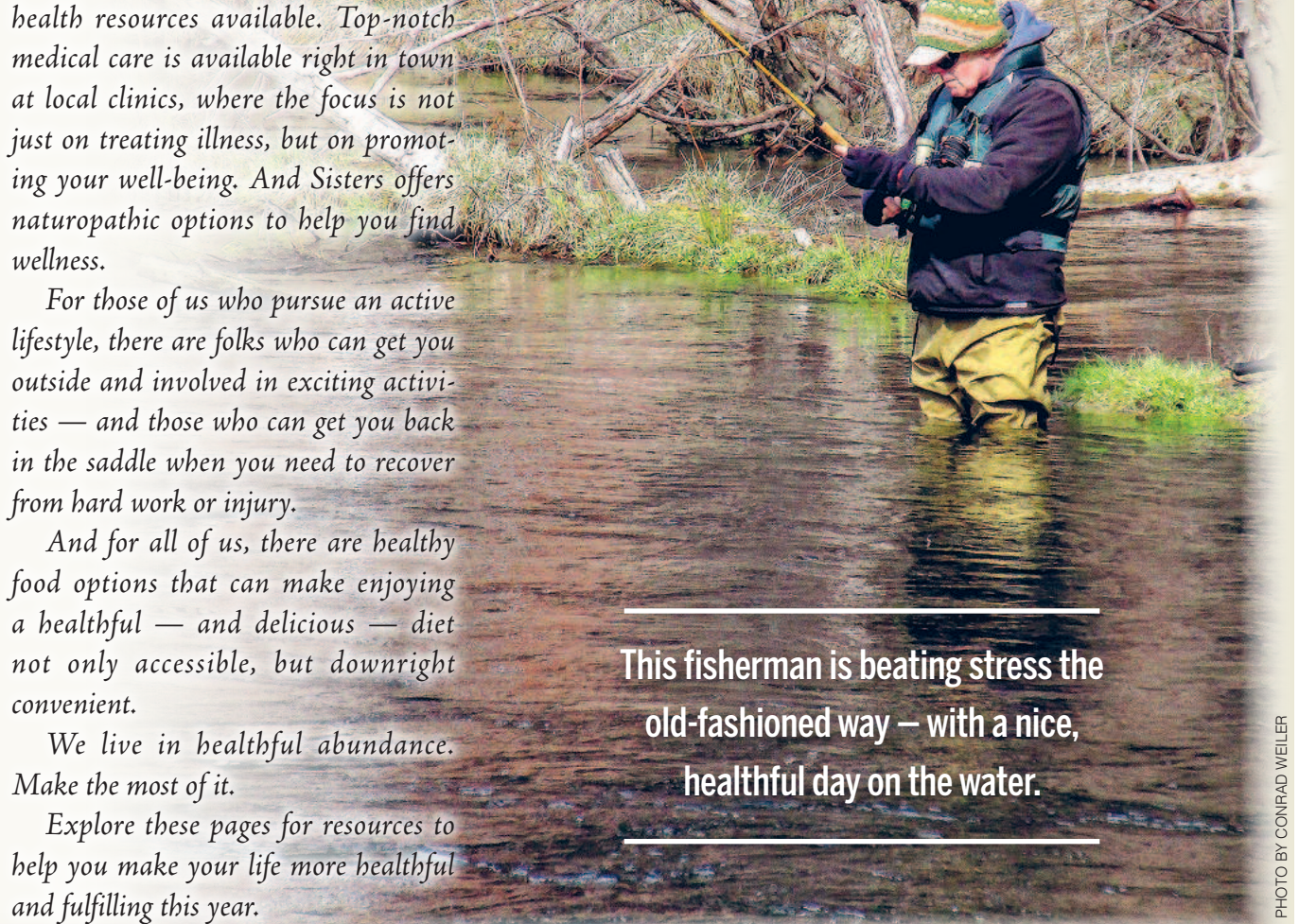
health resources available. Top-notch medical care is available right in town at local clinics, where the focus is not just on treating illness, but on promoting your well-being. And Sisters offers naturopathic options to help you find wellness.

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.



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

PHOTO BY CONRAD WEILER

Serving Sisters for 34-1/2 years!

**Dr. Bonnie Malone, DC**



Chiropractic Musculoskeletal Therapy & Exercise Counseling

Nutritional and General Health Counseling

Certified Cervical Cap Provider (safe, non-chemical birth-control device)

COVERED BY ALL MAJOR AND LOCAL INSURANCE COMPANIES (by policy limits)

Sisters Chiropractic Clinic  
16190 Hwy. 126, Sisters • 541-549-7141

## Dr. Bonnie Malone, DC

Dr. Bonnie Malone has been practicing for a long time — and she'll be in the saddle in Sisters for a long time to come.

"I came here 35 years ago to do this work and to ride my horses," she says. "As long as I can ride, I can work."

That day is a long ways off — the passion burns as strong as ever. Dr. Malone practices chiropractic musculoskeletal therapy and exercise counseling with the goal of improving her patients' lives. Her goal is to keep you at work or back on the wood pile or in the garden or out on the trail as quickly as possible, with the knowledge you need to stay fit and healthy.

She believes chiropractic care should be a regular



part of your preventative care regimen.

"So much of your health depends on the health of your spine and joints," she says.

care you trust.

St. Charles FAMILY CARE

SISTERS 541-549-1318

StCharlesHealthCare.org

## St. Charles Family Care

At St. Charles Family Care, we are passionate about providing patients with comprehensive medical care close to home. At our Sisters clinic, we provide a team approach to your care.

Our clinic is staffed with three primary-care providers, highly trained medical assistants, and a nurse care coordinator. Also available are X-ray services and an outpatient laboratory.

By using our team-based care approach, we hope to ensure you receive the treatment you need based on your unique health circumstances. This care team will partner with you as you pursue your healthcare goals both inside and outside of our clinic. Because the Sisters clinic is part of St. Charles Health System, our patients benefit from ready access to specialized services, including onsite



visiting cardiology and orthopedics. We believe active engagement between you and our clinic team is an important part of achieving your healthcare goals.

Call 541-549-1318 for an appointment.