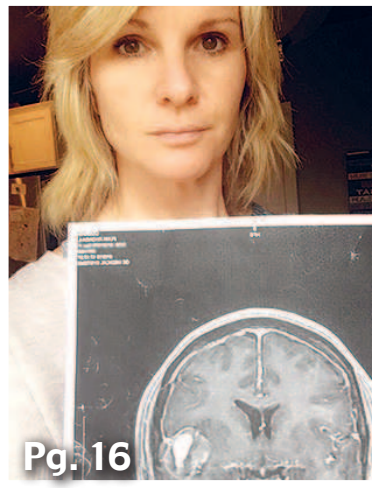


focus on health

Fall 2016



- Keeping your body functioning well: It's all about posture *pg. 14*
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- Find your way through the Affordable Care Act thicket *pg. 18*
- Aging well means attention to diet, exercise and stress *pg. 19*

Spa & Retail THERAPY AT BLACK BUTTE RANCH



New!
FALL ARRIVALS
AT GLAZE MEADOW SPORTS SHOP

Check out the new fall arrivals from PrAna, Ugg, Eric Michael, Nomadic Traders and more. PLUS - up to 50% off selected merchandise.



Book a one hour treatment and receive 10% off at the Glaze Meadow Sports Shop. Must mention this ad at the time of booking Spa appointment.

Call 855-225-8731 a day in advance for appointments. BlackButteRanch.com

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 Spa at Black Butte Ranch

You don't need to be a resort guest to get pampered at the Black Butte Ranch Spa, but you'll certainly feel like you've escaped after your visit.

The Spa at Black Butte Ranch is just what you need to unwind, relax, rejuvenate and reward yourself. Choose from an extensive menu of therapeutic and beauty services that provide head-to-toe care. Enjoy massages, body treatments, relaxing to results-oriented facials, couples spa treatments, and a variety of pampering for the hands and feet.

Spa guests can enjoy full access to the indoor pool, fitness center, steam room and hot tub. You can also enjoy the wonderful selections inside our sports and gift shop, featuring a variety of organic



skin-treatment products, apparel, shoes and accessories. Visit BlackButteRanch.com/spa for monthly specials and information or call 541-595-5878.

Fullhart Insurance

Navigating through the questions and applications for insurance coverage under the Affordable Care Act can be confusing.

Consult with the experts at Fullhart Insurance. At no cost to you, they can help you make sure you get the coverage you need, at the right price. They know who the carriers are in the shifting Central Oregon landscape and can help you decide which plan works for you. They can help you make sure your application is complete and accurate, and they can help you ask the right questions to determine if you are eligible for a subsidy.

Open enrollment is in November, so now is the time to set up an appointment and get help setting up the best individual or family plan for you.



There is no fee for this invaluable service. Tammy Taylor and Don Fullhart are there to help you.

HEALTH INSURANCE KNOW YOUR CHOICES!

We'll Help You Select the Best Individual or Family Plan



541-549-3172 • 1-800-752-8540
704 W. Hood Ave., Sisters