



# FOCUS ON HEALTH

SPRING 2017

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.

Explore these pages for resources to help you make your life more healthful and fulfilling this year.

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 primary care physicians, 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.

## Detox | Renew | Infuse

Fortify Skin with Detoxifying Microgreens Complex



Spring cleaning for your skin! \$69

Purchase \$100 in Eminence products and receive a Free Full Size Serum

Calm • Clear • Firm • Bright While supplies last.

Karen Keady, RN, NCEA  
Certified Esthetician  
541-480-1412  
Mon-Sat Flexible Hours  
492 E. Main Ave.  
www.SistersEssentials.com



## Essentials

Éminence Organic Skin Care is the most effective line of natural products on the market today. The treatments, masques, serums, oils and moisturizers are in concentrated formulas, with no toxic preservatives.

The professional spa treatments give visible and lasting results, are made with the highest ethical standards, never compromising the environment, never tested on animals.

At Essentials salon, we don't just sell skincare and organic products. We share knowledge, and comfort, and human contact. We offer products and treatments for every skin type and condition. We offer microdermabrasion, micro-current, full waxing services, plus a line of organic mineral makeup.



Complimentary consults include cleanse, exam, samples and recommendations.

Stop by Essentials and check out our mineral SPF 30 sunscreen in six colors; water-resistant, hypoallergenic, safe enough for babies, lasts all day! Summer is coming!

## Sisters Athletic Club

There are few bodily functions that exercise doesn't improve. Mental health, heart and lung function, or skeletal integrity — exercise is integral to the healthcare equation. With a proactive approach, one can improve or defeat many conditions that plague our society. Heart disease, the number-one cause of death in the USA, can be improved with proper training. Diabetes can be maintained and prevented.

Exercise isn't only about curing chronic disease. Finding the right exercises helps one feel good, be challenged, and provides growth.

Sisters Athletic Club provides opportunities to succeed in all of the above and more. If healthcare is a concern, the staff exercise specialists are equipped with the knowledge to help. Exercise



classes provide a fun atmosphere to enjoy with others. SAC has a variety of classes to try. SAC's facility and equipment have everything one needs to get started on a path to better health.



SISTERS ATHLETIC CLUB

The path to better health starts with a single step — call today for a complimentary two-week trial.

541-549-6878  
www.sistersathleticclub.com