

At Your Service...



Annie's
Healing Hearts, Inc.
Cherish the Memory of Your Pet

Your pet is a member of your family

- ♥ Pet memorial and compassionate cremation services
- ♥ Pickup and delivery from your vet clinic or home
- ♥ Ashes returned in hand-carved rosewood urn or optional glass memorial



541-408-6925
annieshealinghearts.com

Shop Local

For Quality Service & Products

Folks love living in Sisters because of its small-town charm. But living in a small town doesn't mean you have to sacrifice big-time service. Sisters is full of quality, professional people operating all sorts of businesses that help enhance the quality of your life in Sisters Country.

Your local businesses are owned and operated by your friends and neighbors. They gear their products and services to OUR needs and interests. And spending your dollars locally ensures that the community itself stays healthy. Each dollar you spend circulates seven times in the Sisters economy. Local business owners care about their hometown — they support the schools, employ local folks and help make the community vibrant.

And when the quality is this good, there's no reason to look anywhere else!



BACK-TO-SCHOOL RENTALS & SALES
RENT ANY BAND INSTRUMENT • VIOLINS CELLOS • GUITARS
DON'T MISS OUR BACK-TO-SCHOOL SALE SEPTEMBER 5 & 6
GREAT DISCOUNTS!

SUNDAY GUITARS 541-323-2332
1531 NE 3rd St. Bend



Sugar Cravings?
Low Energy?
Weight?
I Can Help!

I've helped many people improve their health in Sisters and all over the country. Let me help you, too! Call today to schedule your **FREE** strategy session.

HEALTHYHEALDYOU
Sarah Wilder, Nutritional Therapy Practitioner
Exercise Science, B.S.
www.healthyhealedyou.com
541-719-8090

Healthy Healed You

We all know that what and how we eat can have a profound effect on our health, well-being and quality of life. It can prevent or help manage disease and positively affect our physical and mental performance.

But making a change is hard.

Sarah Wilder is here to help. Her nutritional therapy practice helps everyday folks live better — while enjoying wonderful food.

She specializes in blood-sugar regulation and diabetes management, but her programs can help everyone.

She offers "The Breakthrough" for people who are just making the turn toward a healthier way of life. Two one-hour sessions will help you get your feet set on the right path.

"I'm All In" is a six-month program of 12 one-hour sessions for the person who is fully committed to making a major change for the better. Let Sarah help you meet your long-term health goals and live a better, healthier and happier life.



Completely Remodeled!
New Merchandise!



- Kitchen décor & towels
- Entertaining serve ware
- Essential oil bath soaps
- Soy candles • T-shirts
- Gifts • Jewelry
- Retro Smokey Bear
- Pet toys • Dog bakery
- Shabby chic & country home décor

SISTERS CASCADE
541-549-8591 | 150 W. Cascade Ave.

Sisters Cascade

If you haven't stopped by Sisters Cascade in a while, it's high time you did.

It's a whole new store under the ownership of Kara Lappe — bright and open, with a great selection of home décor. Kara is balancing tradition with some strategic changes. There's a new pet department with plush toys and organic treats — and a percentage of sales will benefit Furry Friends Foundation. There's a bar accessory area, and she's continually expanding the home-décor options.

What about the fudge? Ah, the fudge. That legendary Sisters Cascade fudge is still the same — a delicious destination item for locals and visitors alike.

Pay Sisters Cascade a visit and discover the friendly, vibrant shop that Kara has created, building on one of Sisters' great traditions and beloved legacy stores.

