

focus on health

Winter 2019



care you
trust.

St. Charles
Family Care

SISTERS
541-549-1318

StCharlesHealthCare.org  

St. Charles Family Care

St. Charles Family Care is passionate about providing patients with comprehensive medical care close to home. At their Sisters clinic, they provide a team approach to your care. The 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 a team-based care approach, St. Charles hopes 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, patients benefit from ready access to specialized services,



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

Call 541-549-1318 for an appointment.

Shibui Spa at FivePine

Folks in Sisters know that massage and spa treatments are more than an indulgence — they are a critical part of a holistic approach to health and wellness. Now, make no mistake — you will feel indulged on your retreat from the world at Shibui Spa, and that is a very good thing. Replenish your body with massage, bring forth a glowing complexion with a customized facial or rejuvenate your senses with an Ayurvedic Shirodhara treatment. Come join Shibui for Therapeutic Thursdays: When you schedule a Shibui Luxury package (both a 60-minute Classic Swedish Massage and a 60-minute Customized Facial) you will receive a \$40 discount (\$20 discount on each service).

All of the treatments at Shibui Spa will not



only make you feel good, they'll help you be fitter and healthier inside and out — ready to fully enjoy all of the pleasures that Sisters Country has to offer.

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- Support for seniors in Sisters *pg. 15*
- Injury prevention for runners *pg. 14*

Wellness Wednesdays Special Wednesday Pricing

— When you mention this ad —

60-min. Classic Swedish Massage
\$85 *Reg. \$120*

60-min. Shibui Customized Facial
\$85 *Reg. \$125*

SHIBUI
SPA AT FIVEPINE

Call 541-549-6164

