

focus on health

WINTER 2021

People seek out Sisters as a place where they can live a healthier lifestyle.

It's not just the clean mountain air, the pure water, and the opportunity for plenty of outdoor recreation — although those are certainly beneficial and attractive.

Beyond its natural advantages and amenities, Sisters offers a close-knit, supportive community that offers a helping hand when needed and buoys spirits in the toughest of times. And it's also home to a whole lot of dedicated and highly skilled health practitioners.

Self-care — whether it's massage, skin care or exercise — remains critical to maintaining your well-being, emotional and psychological, as well as physical. And Sisters' innovative practitioners are finding ways to deliver their vital services safely. There are companies here in our own hometown who are making pure, innovative products that enhance the health of people around the world.

Whether you are looking for ways to stay fit while stuck at home, or to get enough sleep even though you're stressed and worried, or trying to make sure you can enjoy good quality of life as you age, you'll find some sage advice and some inspiration in these pages.



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