

FOCUS *on* Health



PHOTO BY JAROD GATLEY

We're lucky here in Sisters Country. We live in one of the more healthful environments in the world — with clean air and water, a temperate climate, and a culture that celebrates living well.

Health is about so much more than merely avoiding or healing from sickness or injury, though those elements are obviously critical. True health and well-being are about quality of life — the physical, emotional, and spiritual.

We're fortunate again in Sisters Country. Our natural environment is conducive to health — a world-renowned playground for active folks who seek to get the most out of each day, each season. And the area is home to a vast array of health and wellness practitioners. If you do get sick or hurt, there are highly trained professionals here to help you recover. If you're seeking to stay youthful and active for as long as you can, there are practitioners who are well-versed in every technique and modality to help you do that. If you are seeking solace and balance in challenging times, there are people who can help you along that sometimes-rocky trail as well.

From medical treatment to diet to safety to emotional and psychological well-being, Sisters' health professionals know how to link all of the elements of well-being together, and they are here day in and day out to help you along your path to attaining the best possible version of yourself.

Jim Cornelius

Jim Cornelius
Editor in Chief



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