

FOCUS *on* Health

**ONE DENTAL VISIT A YEAR
COULD TRANSFORM
THE FUTURE OF
YOUR ORAL HEALTH**

That's your Advantage.



Schedule your appointment today at our Sisters practice!
541-837-1646

Advantage Dental
Oral Health Center

Advantage Dental

Advantage Dental believes that oral health care should be based on the individual. Everyone should have a personalized treatment plan created just for them, one that suits their individual lifestyle.

Advantage Dental aims to create a partnership between the patient and practice team, and it is through this unique partnership that Advantage Dental provides personalized quality care that fits one's personal lifestyle and overall health goals.

They call this approach to care Preventistry®.

Advantage Dentistry's innovative teledentistry program allows you to connect with a dentist from home, a parked car, or anywhere you can be on your phone or computer. With this tool, you can take care of many dental concerns by talking directly with the dentist on video or phone. It's a great way to get a fast assessment in a dental emergency. It's also a way of keeping ahead of issues that can lead to problems later. It can be conducted as a live video call, a phone call, or chatting (similar to texting).

Teledentistry can be faster, more convenient, and affordable — and if an in-person visit is necessary, it's easy to schedule.

Introductory Foundational Care Packages



Our Intro Package includes:

- Intro visit with Dr. Lisa + supplements
- CranioSacral Therapy with Benjamin* OR 5 point home environmental evaluation.

*Benjamin Bell LMT (Lic. #3382)

Visit our site to learn more:
forgetmenotmedicine.com
(541) 915-4464 • 101 Main St.

Forget Me Not Medicine

Dr. Lisa Del Alba and Benjamin Bell of Forget Me Not Medicine in Sisters are committed to helping their patients overcome or manage chronic conditions or injuries, moving toward a dynamic state of health.

Dr. Del Alba is a broadly experienced naturopathic doctor with expertise in addressing allergy, autoimmunity, and other immune-dysregulating conditions; cardiovascular and digestive health; nutritional and herbal medicine; and more. Benjamin Bell is a certified medical assistant and licensed massage therapist specializing in Advanced CranioSacral Therapy (CST), a gentle, noninvasive technique that supports the body in its capacity for self-correction and balance.

Both recognize that uncertainty about cost creates a barrier to people seeking help. They are lowering that barrier by offering care packages crafted around common health concerns. These packages will enable patients to figure out what is truly going on with their health and to take action, without the concern that they are committing to an expensive series of appointments. It's one more way that Forget Me Not Medicine seeks to move Sisters toward dynamic health.

HELPING PATIENTS GET MOVING!

Physical Therapy • Aquatic Therapy
Post-Surgical • Sports-Specific Training
Strengthening & Conditioning



Therapeutic Associates
PHYSICAL THERAPY
AT SISTERS ATHLETIC CLUB
541-549-3574
2022 Desperado Trail, Ste 201 at Sisters Athletic Club
www.therapeuticassociates.com/Sisters

Therapeutic Associates

Therapeutic Associates has been helping people in Sisters recover from injury and surgery and get back to their active lifestyle for almost 29 years.

In a unique partnership with Sisters Athletic Club (SAC), Therapeutic Associates offers a "step-down" program that eases patients from physical therapy into active, assisted recovery with trainers at SAC. And access to the SAC pool means Therapeutic Associates can offer aquatic therapy, which is an outstanding, effective, and low-impact way to recover and to build resilience against injury.

Physical Therapist Taylor O'Dell is now on hand at the clinic five days a week, which means that Therapeutic Associates can usually get people in for an appointment within 48 hours.

Matt Kirchoff emphasizes the need for early intervention to prevent a nagging injury or impingement from becoming a major problem.

"The quicker we can see people after an injury, the quicker we can address it," he says.

And Therapeutic Associates makes it quicker and easier than ever to get on top of an injury so you can get back in the game.

**WINTER FORECAST...
WARM & RELAXING!**



SAUNAS & HOT TUBS:
Relax & Soothe Muscles & Joints
Fight Illness • Flush Toxins
Cleanse Skin • Induce Deeper Sleep
Improve Cardiovascular Performance

**FINANCING AVAILABLE
FREE DELIVERY**

AQUA HOT TUBS
aquahottub.com | 541-410-1023
413 W. Hood Ave., Sisters
9-5 Mon-Fri, Sat By Appt.

Fresh-Flower Feel-Good Bouquets!



Sisters-grown seasonal, home delivery within Sisters

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www.stumpmunkfarms.com

COMPOST : GARBAGE OR GARDEN

**WASTED FOOD
CREATES 8%
OF ALL
GREENHOUSE
GAS EMISSIONS**



Rethink about it!
That's in comparison with 2.5% for airplane travel! You can stop wasting food by planning before you shop, prioritizing in your fridge, even learning more about expiration dates. Change the world and sign up for our Rethink Food Waste Challenge on our website today.

RETHINKWASTE
an environmental center program

RethinkWasteProject.org