



Get healthy. One class at a time.



Decrease stress, eat healthy, practice mindfulness, build confidence and much more.

Our classes cover a variety of health and wellness topics by regional experts, all held in our state-of-the-art facility in Newport, Oregon. Join us!

Visit **samhealth.org/GetHealthy** to learn about our upcoming classes.





Celtic Series: Johnny B. Connolly and Casey Neill Sunday, January 12 2pm \$25

The LCCC's Celtic Series continues with Irish accordionist Connolly and songwriter/guitarist Neill, performing traditional Scots/Irish songs and instrumentals with a few originals in the mix.

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