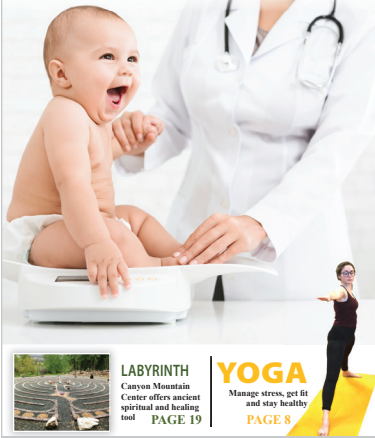


FAMILY HEALTH GUIDE



Contents

- 8** Yoga: Manage stress, get fit and stay healthy
- 13** Blue Mountain Hospital District offers new therapy services
- 15** How to ensure medication compliance
- 16** Now is the time to test homes for radon gas
- 19** Releasing, receiving, returning in a labyrinth
- 23** Strawberry clinic launches chronic disease management program
- 23** Community Health Workers connect patients to resources

Directory of Businesses

ASSISTED LIVING

- 17** AGEIA, Valley View Assisted Living.....541-575-3533
- 04** Blue Mountain Care Center541-820-3341

CHIROPRACTIC

- 12** Blue Mountain Chiropractic..... 541-575-1063
- 20** Great Basin Chiropractic541-573-7733

DENTISTS

- 18** Central Oregon Denture Center 541-620-4496
- 12** Dr. Michael B. DesJardin, DDS, PC.....541-575-2725
- 10** Virginia McMillan, DDS, PC541-575-0550

FUNERAL SERVICES

- 12** Driskill Memorial Chapel.....541-575-0529

MEDICAL SERVICES

- 7** Blue Mountain Home Health 541-575-1648
- 7** Blue Mountain Hospice.. 541-575-1648
- 24** Blue Mountain Hospital541-575-1311
- 6** Blue Mountain Hospital Radiology.....541-575-1311
- 4** Blue Mountain Surgical Clinic541-575-1311
- 22** Canyon Mountain Center..... 415-748-8697
- 18** Central Oregon Pathology Consultants, PC541-382-7696
- 20** Central Oregon Radiology Associates, PC.....541-382-9383
- 11** Community Counseling Solutions..... 541-575-1466
- 11** Grant County Health Department541-575-0429
- 10** John Day Eye Care..... 541-575-1819
- 10** Norco Medical Supplies541-575-0372
- 18** NW Brain & Spine.....541-585-2407
- 2** Strawberry Wilderness Community Clinic.....541-575-0404

PHARMACY

- 14** Len's Drug541-575-0629