



### You Deserve a Joyful Life

Each new year offers a fresh start for changes we'd like to make and hopes we have for ourselves. Life Coach Patricia Sheffield offers her thoughts and encouragement.

[Start your year with a new perspective.](#)



### Ready to Shed a Few Pounds?

If you're feeling discouraged over holiday weight gain, take heart. Dietitian Jonathan Wymore and Fitness Expert Kyle Bangen offer practical advice to make losing weight and keeping-it-off a goal that's attainable.

[Get inspiration — you CAN do this!](#)



### Can You Lower Your Cholesterol Without Prescription Drugs?

With the high cost of medication and potential for side effects, Alexander Ochman, DO, reviews other strategies for lowering your cholesterol.

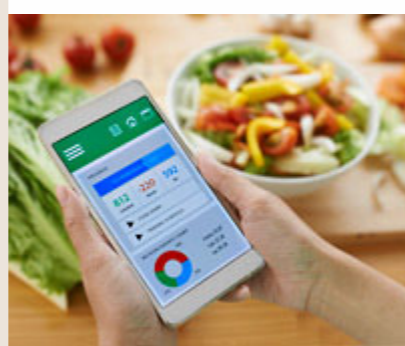
[Learn about your options.](#)



### Lebanon Man Sends Chronic Pain to the Back of His Mind

After years of unresolved back pain, Tom Corr found relief in a new physical therapy program which focuses on group physical activity and understanding the brain's role in the perception of pain.

[Read more about Tom's journey.](#)



### "There's an App for That!"

Tracking your daily diet and exercise efforts with a cell phone app can be a real motivator in maintaining fitness. Kyle Bangen, MS, with Samaritan Athletic Medicine, offers tips for choosing fitness apps.

[Find an app and get started.](#)

## News

[More News](#)

["Go Red for Women" & Take Charge of Your Heart Health](#)

[Medical Residents Serve Mission in Malawi](#)

[Samaritan Earns Spot on "Military Friendly" Employer List](#)

## Classes & Events

[More Events](#)

Newport

[Freedom From Smoking](#)

Monday, Jan. 15

Albany

[Total Joint Replacement](#)

Wednesday, Jan. 17

Newport

[Living Well with Chronic Conditions](#)

Wednesday, Jan. 24

Corvallis

[PainWise – First Steps to Managing Chronic Pain](#)

Thursday, Feb. 1

Corvallis

[Train with a Pro: Half-Marathon Workshop](#)

Thursday, Feb. 1

Newport

[SamFit – Newport Grand Opening](#)

Saturday, Feb. 3

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