



### Osteoarthritis Is Indeed a Pain!

If joint pain has been slowing you down, you are not alone. Orthopedic Surgeon Kelli Baum, DO, explains what causes osteoarthritis and provides tips to help manage your pain.

[Find relief and get back to active.](#)



### Is Soy a Healthy Choice Where Cancer Is Concerned?

When considering the best options for a healthy diet, some foods are easier to choose than others. Oncologist Dietitian Abigail Galbraith takes a closer look at soy.

[Learn more about soy as a dietary option.](#)



### Get Your Partner on Board with Healthy Lifestyle Changes

When your significant other has a different perspective about healthy eating it can be hard to stay on track. Registered Dietitian Bonnie Buckingham will get you headed in the right direction.

[Gain an ally for success.](#)



### Boost Your Exercise Routine by Warming Up & Cooling Down

Spending time to warm up and cool down before and after exercise can prevent injury and increase flexibility. Fitness Expert Kyle Bangen offers helpful tips to optimize your exercise.

[Warm up & cool down for a better workout.](#)



### Do You Really Need an Antibiotic?

An antibiotic can cure a host of diseases but taking one when it isn't necessary can lead to antibiotic resistance. Dr. Ian Ledford with Samaritan Internal Medicine advises when an antibiotic is right for you.

[Understand when an antibiotic can help.](#)

## News

[More News](#)

[Take the Community Health Survey - Your Opinion Counts!](#)

[Samaritan Hospitals Earn Four Stars for Quality Care](#)

[Nutrition Series for Cancer Survivors to Begin Soon](#)

## Classes & Events

[More Events](#)

Benton & Linn County

[Pain Solutions: First Steps](#)

Check for local dates

Albany

[Diabetes Day 2019](#)

Saturday, April 13

Lebanon

[Strengthen Your Brain with Cognitive Therapy](#)

Tuesday, April 16

Albany

[Forget About Your Weight!](#)

Thursday, April 25

Newport

[Healthier You Expo](#)

Saturday, April 27

Corvallis

[Adult-Focused Mental Health First Aid](#)

Thursday, May 2