



### Enjoy Flavor & Savings with Easy Herbs You Can Grow Yourself

The benefits of growing your own herbs are numerous – they're easy to grow, tasty and nutritious and growing your own can save you a bundle at the grocery store. Registered Dietitian Bonnie Buckingham will get you started.

[Learn the 10 best herbs to grow in Oregon.](#)



### Don't Let Motion Sickness Ruin Your Summer Fun

If you've avoided activities because of motion sickness, it might be time to examine your options. Christine Chun, family nurse practitioner at the Samaritan Depoe Bay Clinic, shares tips and medications that can help.

[Steer clear from queasiness.](#)



### Apple Cider Vinegar Health Claims Put to the Test

Apple cider vinegar has been touted as a cure-all for generations, but are all those health claims valid? Dr. Sally Morgan with Albany Internal Medicine Resident Clinic shares the data.

[Find out which claims pass the test.](#)



### It's Hard to Sleep When Your Legs Have Other Plans

If fidgety legs are interfering with falling asleep or are waking you in the middle of the night, you may be experiencing restless leg syndrome. Dr. Brittany Johnson explains the condition and how to get a good night's sleep.

[Trade-in tossing and turning for Zzs.](#)



### Are Sports & Energy Drinks Good for Kids – Or the Rest of Us?

It's that time of year when kids work hard to persuade us that colorful sports and energy drinks belong in the shopping cart. Dr. Nancy Nelson with Samaritan Pediatrics weighs in.

[Learn more about sports and energy drinks.](#)

## News

[More News](#)

[Samaritan Breaks Ground on Future Treatment Center](#)

[Samaritan Scramble Raises \\$155,000 for Sarah's Place](#)

[Hospital Welcomes New Orthopedic Surgery Team](#)

## Classes & Events

[More Events](#)

Newport

[Fad-Free Fabulous Diet](#)

Wednesday, July 10

Corvallis

[WISH Happy Hour - Women Investing in Samaritan Health](#)

Thursday, July 11

Lebanon

[Pain Solutions Series: First Steps for Persistent Pain](#)

Wednesday, July 24

Albany

[Sleep & Chronic Pain: Everything You Want to Know](#)

Thursday, July 25

Corvallis

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

Monday, August 5

Lebanon

[Stop the Bleed](#)

Tuesday, August 6