



Add Health & Flavor to Your Diet with Eight Tasty Mushrooms

Many of us have never ventured beyond eating button mushrooms, but there are so many varieties to try! Dietitian Bonnie Buckingham shares eight popular mushrooms with links to recipes, foraging groups and upcoming events in our area.

[Add tasty nutrition to your next meal.](#)



Emotional Eating Doesn't Need to Be a Way of Life

When life is weighed down with stressors and long to-do lists, it's easy to reach for favorite comfort foods as a respite. Katharine Middendorf, PhD, Samaritan Mental Health, explains how to avoid the pitfalls of emotional eating.

[Find healthier ways to manage your stress.](#)



It's TIME to Get Your Flu Shot!

With flu season nearly upon us, there's no time to waste if you haven't received a flu shot this year. Dr. Adam Brady with Samaritan Infectious Disease explains why it's important to get vaccinated now.

[Protect yourself and others from the flu.](#)



Innovative Platelet Therapy Can Help Speed Healing

Slow-healing injuries like torn ligaments or tendons can make daily activities you once took for granted difficult. Dr. Nicholas Phillips with Samaritan Athletic Medicine explains how platelet rich plasma therapy can help athletic injuries heal more quickly.

[Learn more about this new approach.](#)



Try This Hearty Power Salad

Quinoa, walnuts, spinach, blue cheese ... this tasty salad is loaded with healthy ingredients. It's the perfect way to pack a lot of nutrients into an easy-to-enjoy meal that works just as well for lunch as it does for dinner!

[See the video and get the recipe.](#) (~ 1 min.)

News

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Classes & Events

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Corvallis

[Women Investing in Samaritan Health - Coffee Meet-up](#)

Friday, Nov. 15

Newport

[Back for the Future: Keep Your Spine in Line](#)

Monday, Nov. 18

Albany

[Manage Your Health Care with MyChart](#)

Wednesday, Nov. 20

Corvallis

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

Friday, Nov. 22

Coast & Valley

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Nov. 22 & 24

Lebanon

[Stop the Bleed](#)

Tuesday, Dec. 3