



### Keep Informed About Coronavirus

Concern about coronavirus (COVID-19) is top of mind for many. Know that Samaritan hospitals and clinics are operating normally and are prepared to respond to coronavirus quickly and safely.

[Learn about risks and prevention.](#)



### Do You Have a Frozen Shoulder?

If you've had persistent shoulder pain and have noticed you don't have full range of motion of your arm, you may have a frozen shoulder. Dr. Lauren Hansen, MD, with Samaritan Medical Group Orthopedics - Albany explains how this condition develops and your treatment options.

[Know when to see your doctor.](#)



### "Stand Up" to Too Much Sitting

While sitting doesn't sound dangerous, too much of it can be bad for your back and overall health. Kim Schlessinger, ANP, with Samaritan's Employee Health & Safety Program, shares great tips to offset the time you're on your duff.

[Counteract your "seat time" with these tips.](#)



### Eat to Fuel Your Workout – Restore Energy & Build Muscle

If you've committed to making exercise part of your life, ensuring your body is getting the fuel it needs is important. Fitness Specialist Jackie Welter at SamFit provides tips to keep your energy up for a better workout.

[Maximize your efforts with smart nutrition.](#)



### Enjoy Green Goddess Hummus

Fresh herbs provide lively color and flavor to this classic Mediterranean dip. Serve it as a tasty appetizer or snack, or as a healthy replacement for mayonnaise in sandwiches and wraps.

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

## News

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[Samaritan Earns Four & Five-star Ratings for Care](#)

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[SamCare Mobile Medicine Takes Care on the Road](#)

## Classes & Events

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<p>Lebanon</p> <p><a href="#">Movement, Mindfulness &amp; Pain Science</a></p> <p>Monday, Mar. 16</p>	<p>Corvallis</p> <p><a href="#">Freedom from Smoking</a></p> <p>Tuesday, Mar. 17</p>	<p>Corvallis</p> <p><a href="#">Women Investing in Samaritan Health Luncheon</a></p> <p>Thursday, Mar. 19</p>
<p>Lincoln City</p> <p><a href="#">Childbirth Intensive Education</a></p> <p>Saturday, Mar. 28</p>	<p>Lebanon</p> <p><a href="#">Freedom from Smoking</a></p> <p>Monday, Apr. 6</p>	<p>Newport</p> <p><a href="#">Pain Solutions: First Steps</a></p> <p>Thursday, Apr. 9</p>





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