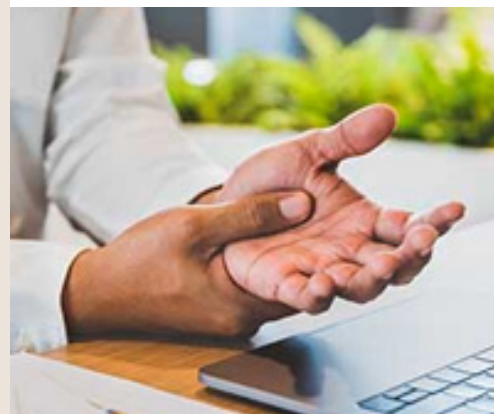




Understand Possible Side Effects of the COVID-19 Vaccines

Dr. Adam Brady, infectious disease specialist, puts the side effect profile of the COVID-19 vaccines into context with other common vaccines.

[Learn how to manage vaccine side effects.](#)



Aching, Tingling Wrist? It Could Be Carpal Tunnel

With increased use of computers and cell phones, carpal tunnel syndrome is not uncommon. Dr. Erin Campaigniac, Samaritan Medical Group Hand to Shoulder Orthopedics, explains prevention and treatment for this disorder.

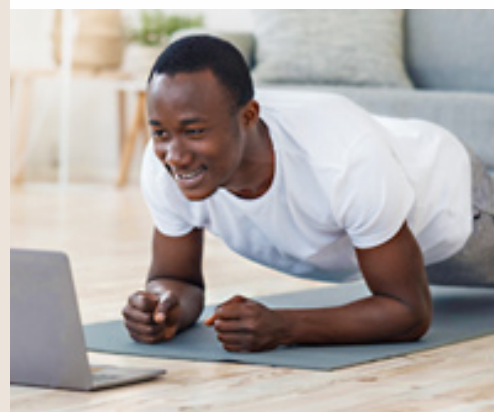
[Protect your wrists from overuse.](#)



Women, Take Care of Your Heart

It's easy to put the responsibilities of life ahead of personal health. Jacquelyn Sinclair, nurse practitioner with Samaritan Cardiology, reminds women of the symptoms of a heart attack and offers five self-care strategies for better heart health.

[Make your heart a priority.](#)



Make New Fitness Goals With These Three Tips

The new year is underway and before you know it, warmer weather will arrive. If your fitness goals drifted, now is the perfect time to make your spring fitness resolutions. Joann Markham, health and fitness specialist at SamFit, will get you started.

[Get motivated for spring!](#)



Long-acting Birth Control Options Provide Alternative to “the Pill”

As the benefits of long-acting birth control become known, more women are choosing them. Dr. Ashley St. Germain, gynecologist at Samaritan Lebanon Health Center, explains the options.

[Learn more about long-acting contraceptives.](#)

If your work situation has changed, you may qualify for health insurance through the Oregon Health Plan.

[Learn More](#)

News

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[Samaritan Tackles Substance & Opioid Use Disorders](#)

[COVID-19 Vaccination Expands to Seniors](#)

Classes & Events

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Virtual Seminar

[Bariatric Surgery Information](#)

Tuesday, Feb. 16

Virtual Seminar

[Mindful Eating](#)

Wednesday, Feb.17

Virtual Seminar

[Living Well With Chronic Conditions](#)

Thursday, Feb. 18

Virtual Seminar

[What's Inside? A Closer Look at Diagnostic Imaging](#)

Tuesday, Feb. 23

Virtual Seminar

[Exercise With a Side of Technology](#)

Tuesday, Feb. 23

Virtual Seminar

[Carpal Tunnel: Prevention & Treatment](#)

Friday, Mar. 5