



Volunteers Share the Rewards of Joining Local Vaccination Efforts

As the mass vaccination clinics wind down in our area, health care retirees share what it was like to join this community-wide effort and reconnect with patients and former co-workers.

[Hear their first-hand experiences.](#)



Struggling with Chronic Pain? Acupuncture May Help

The American Association of Neurological Surgeons recently recommended acupuncture as a treatment for back pain. Licensed Acupuncturist Seishiro Hokazono, Samaritan HeartSpring Wellness Center, shares how this option can help.

[Learn more about acupuncture and pain relief.](#)



Can Seasonal Allergies Lead to Asthma?

When allergies leave you sneezing and wheezing, it's only natural to wonder if you could have asthma. Pediatrician Robert Michael, MD, with Samaritan Lebanon Health Center, explains the connection between allergies and asthma.

[Get tips to manage symptoms.](#)



Keep Your Family Healthy & Engaged This Summer

If you're wondering what summer activities are safe in light of the ongoing pandemic, you're not alone. Dr. Robert Michael offers strategies to stay healthy and have fun.

[Take precautions when it makes sense.](#)



Soothe Your Stomach With a Gut-Friendly Green Smoothie

The chia, flax and hemp seeds in this recipe offer heart-healthy omega-3 fats and plenty of soluble fiber to feed gut-friendly bacteria. Their satisfying nutty crunch makes this smoothie recipe a winner.

[See why "green is good."](#)

News

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[Man's Life Saved After Crash at SamCare Express](#)

[Surgical Robots Benefit Patients & Their Medical Team](#)

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[Lebanon Foundation Funds Equipment & Programs](#)

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Classes & Events

[More Events](#)

Virtual Seminar

[Enlarged Prostate, Understand Your Treatment Options](#)

Tuesday, June 22

Virtual Seminar

[Cancer Support Group](#)

Wednesday, June 16

Early Registration

[Samaritan Walk, Run, Roll Virtual Marathon](#)

Friday, June 11