



“Scott Got Off Life Support on His Birthday so Now We Call It His Re-birthday.” – Angie Schuler

After a series of life-threatening health issues and extended hospitalization, local deejay Scott Schuler and his wife Angie are thankful to have more time to enjoy the life they’ve built together.

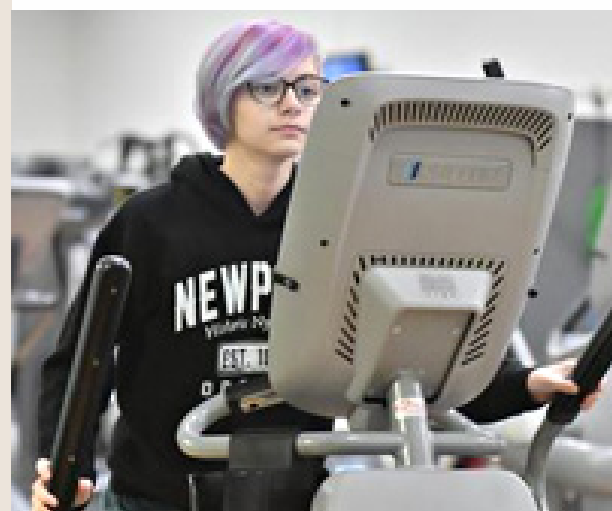
[See their video story.](#)



Follow Five Tips to Make Changes That Last

Making resolutions is easy – it’s keeping them that’s the challenge! Psychologist Devin Petersen, Samaritan Family Medicine Resident Clinic, offers practical tips to make 2023 the year for making lasting change in your life.

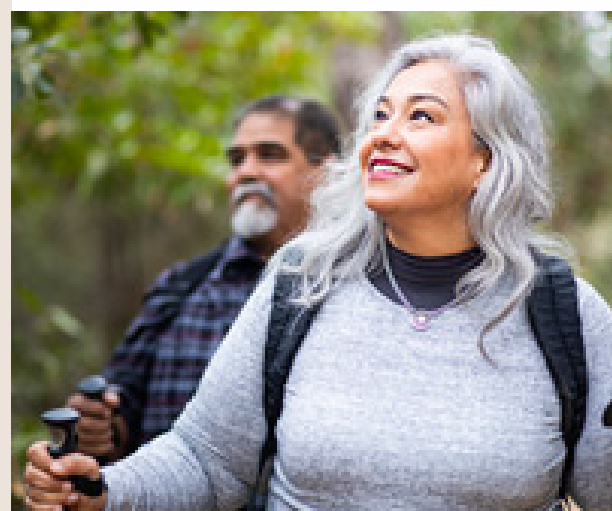
[Make good intentions a reality.](#)



Mother & Daughter Create Health Habits for Life

Albany mom, Amanda Rose, and her daughter, Gemma Monroe, decided working out at SamFit was a great way to spend quality time together and instill positive lifelong habits.

[Get inspired by their story.](#)



Understand Prescription Weight Loss Medications

In combination with lifestyle change, prescription weight loss medications can ease the challenge of losing weight. Dr. Katy Brown, Samaritan Weight Management Institute, explains how these medications work and what to expect.

[Learn more about your options.](#)



Could That Persistent Itch Be Eczema?

Eczema is a common itchy rash that affects people of all ages and throughout life. Nurse Practitioner Somphone Beasley explains potential causes, triggers and treatment options.

[Find relief for eczema.](#)

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