



“Cancer Changed Me – Life Is Too Beautiful to Waste.” – Maria Diaz

Breast cancer survivor Maria Diaz found the courage she needed to face cancer through the love and support of her family. Read more about her journey to choose life-saving treatments.

[See her inspiring story and video.](#)



Give a Boost to Your Brain Health

Brain health begins with lifestyle habits. Dr. Robert Fallows, Samaritan Neuropsychology, explains the “heart-brain connection” and offers tips to keep your brain in peak condition.

[Keep your brain young at heart.](#)



Recognize the Warning Signs of Thyroid Disease

If your thyroid is not working properly, it can impact your entire body including heart rate, metabolism, energy level, bone health and mood. Dr. Steven Cathcart, Samaritan Endocrinology, reviews the warning signs and treatment.

[Learn how thyroid conditions are managed.](#)



Skin Growths Are Common With Age – Know Your Options

From 50 onward, the body goes through many changes including the development of skin growths. Physician Assistant Bob Gleason, Main Street Family Medicine, addresses the most common type and offers treatment options.

[Be proactive about skin growths.](#)



Yes, You Can! Get Five Tips for a Successful 5K

At long last the sun is out! Angie Smith, fitness specialist with SamFit, offers tips to help get you in shape and prepare for running, jogging or walking in your first 5k event.

[Lace up your sneakers and go!](#)

News

[More News](#)

[Phlebotomy Training Program Begins](#)

[Celebrate Our 75th – Nurse Stands the Test of Time](#)

[Samaritan Ranks Favorably for Social Responsibility](#)

[Lebanon Hospital Wins Large Business of the Year](#)

[Lean on Me – Why Cancer Survivors Need One Another](#)

[Sarah’s Place Addresses Sexual Assault Awareness](#)

Classes & Events

[More Events](#)

Virtual

[Prediabetes: A Guide to Preventing Type 2 Diabetes](#)

Wednesday, May 24

Albany

[Memorial Day Bouquet Event](#)

Thursday, May 25

Newport

[Traveling With Diabetes](#)

Tuesday, May 30

Coast

[Samaritan Scramble](#)

Thursday, June 1

Valley & Coast

[National Cancer Survivors Day](#)

Sunday, June 4

Albany & Lebanon

[Cancer Program Walking Group](#)

Starting in June