



### Tune In to Music for a Boost to Your Health

It's often said music is good for the soul. Emerging research suggests it can enhance physical health too. Nurse Practitioner Maureen English-Cremeans reveals the health benefits of music and ways to integrate it more fully into your life.

[Enrich your well-being with music.](#)



### Understand Four Types of Knee Pain & When to See Your Doctor

From a pop or a snap to nagging pain, when your knees are "talking," it's important to listen. Dr. Josh Lenhof, sports medicine specialist at Samaritan Athletic Medicine Center, provides expert advice on the common causes of knee pain and offers practical tips to keep your knees happy.

[Decode your knee pain.](#)



### Think You Know How Much Sugar You Consume? Think Again!

Unless you spend your days reading food labels, it can be easy to underestimate the amount of sugar in your diet. Clinical Dietitian Alix Slayter uncovers hidden sources of sugar in food and will help you become a more savvy label reader.

[Get the scoop on sugar.](#)



### Dry Eyes or Mouth? It Could Be Signs of Sjogren's Syndrome

Sjogren's (show-grins) syndrome is an immune disorder that reduces the body's ability to produce moisture. Dr. Mary Abraham, Samaritan Rheumatology, explains its symptoms, diagnosis and treatment.

[Learn more about Sjogren's syndrome.](#)



### "I Don't Want People to Give up or Keep Silent. There Is Such Great Help Out There." – Caren Phillips

When Caren Phillips of Depoe Bay experienced an onset of extreme anxiety, she realized it was too much to handle on her own. Graciously sharing her mental health journey, Caren hopes her story will inspire others to seek the support they need.

[Read Caren's story.](#)

## News

[More News](#)

[Samaritan Medical Supplies Completes Sale to Norco Medical](#)

[Celebrate Our 75th – Employees Span Three Generations](#)

[Samaritan Awards Social Accountability Grants](#)

[New Graduates Fulfill Career Passions at Samaritan](#)

[SamFit Helps Students Spread Their WINGS](#)

[Social Worker Helps Veterinarians Battle Burnout](#)

## Classes & Events

[More Events](#)

Albany & Lebanon

[Cancer Program Walking Groups](#)

Weekly in June

Newport

[Art of Relaxation Wellness Seminar](#)

Wednesday, June 14

Albany

[ArtsCare Workshop, Free Saturday Series](#)

Saturday, June 17

Coast

[Weight Loss Surgery Information Session](#)

Tuesday, June 13 & 20

Lebanon

[MAPS Pain Mastery Group](#)

Thursday, July 6

Virtual

[Freedom From Smoking](#)

Monday, July 10