



How Much Fluid Does Your Body Really Need?

Staying hydrated is essential for bodily functions. Crystal Rodriguez, PA, Samaritan Urgent Care Walk-In Clinic – Corvallis, explains the importance of hydration and key moments to prioritize it.

[Quench your thirst.](#)



Gain Confidence to Join a Gym

If you're feeling anxious or intimidated about joining a gym, you're not alone. Brady Vernon, health and fitness specialist with SamFit-Corvallis, can help alleviate your concerns and get you started.

[Begin your fitness journey.](#)



Help Your Child Through Back-to-School Jitters

No matter the grade, first day jitters are nearly universal. Abigail Demchak, licensed clinical social worker at Samaritan Lebanon Health Center, offers practical tips to help get the new school year off to a good start.

[Get a head start on success.](#)



Is It the “Baby Blues” or Postpartum Depression?

Differentiating the baby blues from postpartum depression is important. Psychologist Petra Zdenkova, PsyD, Samaritan Obstetrics & Gynecology, explains the difference and offers suggestions for supporting new parents.

[Learn how to get and provide support.](#)



Try a Melon & Feta Salad

Enjoy the combination of sweet melon, tangy feta, fresh mint, and a crack of salt and pepper for a salad so tasty it might just make your “go-to list” for the month of August!

[Get the recipe.](#)

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Weekly in August

Corvallis

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Wednesday, Aug. 16

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Thursday, Aug. 17

Lebanon

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Thursday, Sept. 7

Albany

[ArtsCare Workshop, Free Saturday Series](#)

Saturday, Sept. 9