



Improve the quality of your life

Sign up for a quality of life conversation

While our physical health is important, there are other factors that are vital to our well-being, such as our emotional health. Sometimes people need help to improve or maintain their quality of life and sort out the feelings of stress and anxiety that often come with difficult life situations.

Take the first step and schedule your quality of life conversation with Wellness-Life Coach, Patricia Sheffield.

There is no cost for appointments and you are welcome to bring someone for extra support.

Contact Patricia Sheffield today

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