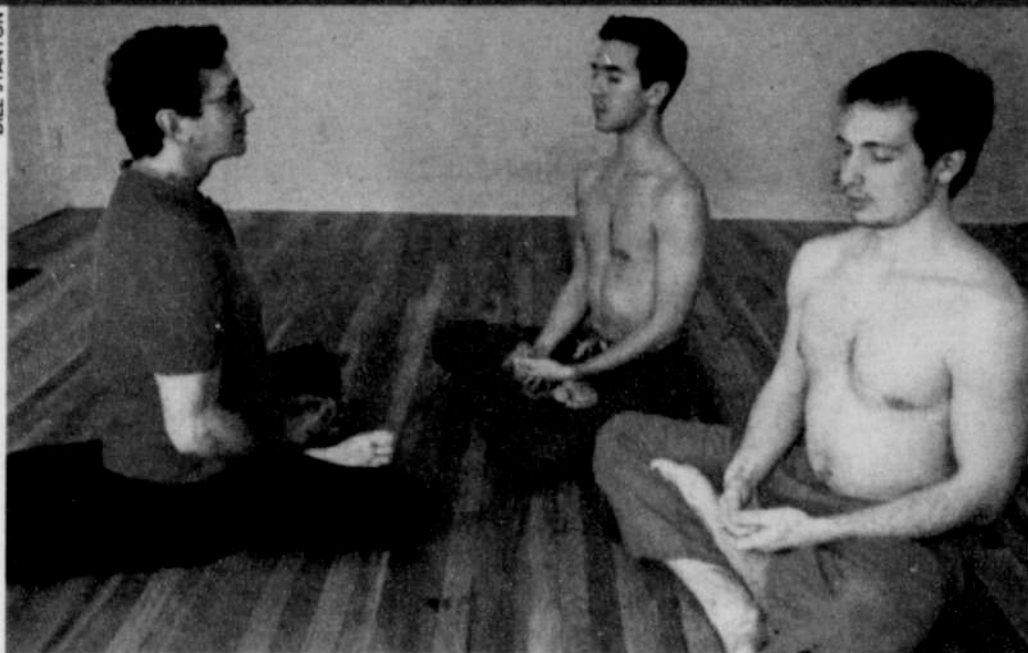


interim executive director Bart Church. "Because men are taught by sexism and homophobia to ignore symptoms, not seek help or care, and not talk about stressors and symptoms, men invariably are diagnosed much later than women, have far more severe symptoms, require much more invasive and expensive treatment and have worse treatment outcomes," Church said.

In terms of the number of men served and the number of programs regularly offered, Manifest is one of the largest men's wellness organizations in the country, counting Seattle's Gay City and Boston's Fenway Clinic Men's Project among its peers. Manifest, which has served 3,000 men since its inception and approximately 100 men monthly, emphasizes eating well, exercising regularly, caring about emotional and physical wellness, nurturing friendships and relationships, and dealing with stress in healthy ways.

"I attended my first Manifest event back in 2007 while working with a therapist through a relationship breakup," said Bill Chin, Manifest's board secretary since September 2007. "The event was Men's Dating Lab, and it was designed to identify relationship and intimacy goals and work with like-minded men to head out and be more sociable and reach your goals."

BILL STANTON



From left, yogis Jeff Bader, Marc Kochanski and Matthew Koren find healthy ways to deal with stress through Manifest.

Chin, a gay single father of two daughters, regularly attends yoga and meditation classes at Manifest. "Previously, I was not a regular member of a church or gym, so I enjoyed doing these activities in a community. During this period of my life, I quit smoking, lost weight and got out of my bar drinking phase."

Other popular events available through Manifest are sex and intimacy groups, pajama parties and hikes.

Church's long-term goals for Manifest include securing stable funding through government, foundational and corporate grants and sponsorships as well as increasing outreach to the community ten-fold by attracting 1,000 men monthly

to its programs. The group has applied for non-profit status. ☐

MANIFEST'S FIFTH ANNIVERSARY PARTY will be held from 2 to 5 p.m. March 21. RSVP to 503-223-8822, ext. 1, or [www.manifestpdx.org/calendar](http://www.manifestpdx.org/calendar).

**» Manifest aims to combat the homophobia and sexism that contribute to the serious diseases—heart disease, cancer, diabetes, HIV and depression—that kill Oregon men.**

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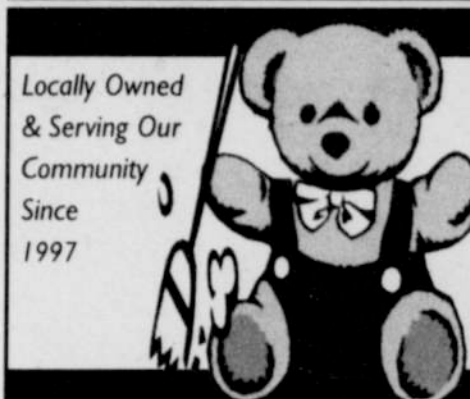
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