

How do you share health?

At **Health Share**, we believe good health is more than what happens inside your doctor's office. Good health starts in your community and includes staying active, eating healthy food and getting regular check-ups.

Share your healthy habits with family and friends. We can all have better health when we share it together.

**health
share**

**Better health
together.**

www.healthshareoregon.org



Cuts & Checks Barbershop Blood Pressure Program / Terrell Brandon Barber Shop North by Northeast Community Health Center/ Legacy Emanuel Medical Center

Shocked and Stopped Inspiring Truth

By Milton Stillwater

Stopping this in some way
We were wound up into the Nets
of objects not of our choosing.
Changing these things
we can become a real study in evolution.
Is there a turtle found lumbering
lazily among our means?
Opening we may reverse ourselves.
Searching not for an object but where
our sense of contact has its origin.
This place bound with freedom,
feeling, libido, free will and one consciousness.
What are the origins of our freedom?
What are the origins of our seed?
This is a difficulty for dragon lore
Wanting bells that refer only to
Dragon's hoard.
Realizing unconscious pleasures or
realizing unconscious pressures?
As the reader can see in truth's continuity
Pressures excruciating!
Donald! Donald! Donald! Donald!
So sensitive we were afraid
O God what have we done?

people's
FOOD CO-OP

**FARMERS' MARKET
WEDNESDAYS 2-7PM**



UP TO \$10 MATCH WITH EBT CARD


We're passionate about helping our community access healthy food that they can trust. By shopping at our market, you'll get extra food dollars while supporting local farmers and community.

3029 SE 21st Ave. btwn Powell & Division

Did you **serve** in the
Armed Forces
and are experiencing
or at risk of
becoming
homeless?

**Transition
Projects**

Please call 855.425.5544
or visit 650 NW Irving Street

 **CareOregon**
goMobile team

OHP Navigation Clinics

CareOregon and our partners make Oregon Health Plan navigation easy!
We offer help with:

- Medicaid medical, dental and mental health appointments
- Medicare eligibility for disabled and elderly adults

Find us at these locations:

Bud Clark Commons

665 NW Hoyt Ave
11/09 8-10 a.m.

City Team Portland

526 SE Grand Ave
11/16 8-10 a.m.

Clackamas County Transition Center

2219 Kaen Road, Oregon City
11/02 1-3 p.m.
11/16 1-3 p.m.
11/30 1-3 p.m.

Impact NW

10055 E Burnside St
11/18 9-11 a.m.

Portland Rescue Mission

111 W Burnside
11/03 8-10 a.m.
11/10 8-10 a.m.
11/17 8-10 a.m.
12/01 8-10 a.m.

Union Gospel Mission

3 SW 3rd Ave
11/29 2-4 p.m.