

Continuing her commitment to family and community

THE JOYCE WASHINGTON MEMORIAL SCHOLARSHIP

Joyce Washington was tireless in her devotion to children and building a better community.

The Portland Observer is continuing this loving legacy by awarding high school seniors from our community scholarships to help them achieve their dreams.

You can help by sending your contribution to the Joyce Washington Memorial Scholarship Fund in care of Bank of America.

Your support will be truly appreciated.

Call your local Bank of America for more information, thank you.

HEALTHY MOM HEALTHY BABY



If you're pregnant, remember that your health affects your baby's health.

Don't smoke.

Don't use alcohol (including beer and wine) or drugs.

Eat healthy foods.

Check with your doctor before taking any medications, even aspirin.

Go to your scheduled prenatal appointments, even if you feel fine.

Try to reduce stress. Build a support network and ask for help when you need it.

Healthy Birth Initiative hosts monthly meetings for pregnant women and their families living in North and Northeast Portland to provide support and information about nutrition, childbirth, housing, transportation and other important issues. Please join us! For information about the meetings, call (503) 872-6752.



Healthy Birth Initiative

