

Promoting Wellness With Exercise



African Americans tackle cardiovascular disease

With a goal to be the healthiest African American community in the nation, the African American Health Coalition knew they'd have to do more than talk to combat cardiovascular disease.

The coalition first identified the reasons so many local residents didn't watch their waistlines. They found that people don't work out because they don't think they can afford a gym, don't feel there's access to exercise locations close to home and want to exercise around folks who look like them and face the same health obstacles they have.

From there, Wellness Within Reach: Mind, Body and Soul took shape.

This free exercise program for African Americans in north and northeast Portland kicked off less than a year ago and has grown

from three small classes to over a dozen classes in eight different locations.

Cardiovascular disease is the number one killer of African Americans in Oregon. In fact, blacks are twice as likely as whites to die from a stroke and almost one and a half

The class helps me push myself to be better and go further. I feel more alive and my hip doesn't hurt like it used to.

—Peggy Busby



Free exercise classes are offered to local residents under the direction of the African American Health Coalition.

times as likely to die from a heart attack.

High blood pressure is one of the leading causes of cardiovascular disease. The major risk factors are obesity, physical inactivity, smoking, high blood pressure and diabetes.

Wellness Within Reach plans to add additional classes to its sched-

ule of aerobics, yoga, walking, weight management, strength training, African dance, water aerobics and tai chi.

"Joining this weight management and conditioning class is what I needed to get organized and on a schedule," said Peggy Busby, 64. "They depend on me to be here and

the class helps me push myself to be better and go further. I feel more alive and my hip doesn't hurt like it used to. I am retired and have a fixed income so the free classes are a blessing."

For more information about the program and a class schedule, call 503-413-1850.



Celebrated Pianist to Perform
World-renowned pianist Andre Watts (left) will perform in Portland at the Chamber Music Northwest's 33rd Summer Festival on Monday, June 23 and Tuesday, June 24. Seats for Monday's performance are sold out, but tickets are still available for the Tuesday concert. For more information, call 503-294-6400.

MARTIN CLEANING SERVICE
Carpet & Upholstery Cleaning
Commercial and Residential Services

CARPET CLEANING (\$25 each area)

- 2 Areas or more, Small Hall Free, Pre-Spray Traffic Areas
- Stairs.....\$1.50 each

UPHOLSTERY CLEANING

- Sofa (under 6 ft.) \$69
- Loveseat \$49
- Sectional \$99 & up
- Throw pillows \$5 each

CARPET COUPON

1 Cleaning Area
Pre-Spray Traffic Area
(Hall *not* included) **\$35⁰⁰**

UPHOLSTERY COUPON

Sofa (under 6 ft.)
Loveseat & Chair **\$119⁰⁰**

CALL FOR APPOINTMENTS
503-281-3949

Portland's Virtual City Hall

The City of Portland has rolled out "Portland Online" last week, modifying the city's existing website by orienting navigation toward city services rather than the organizational structure of the city.

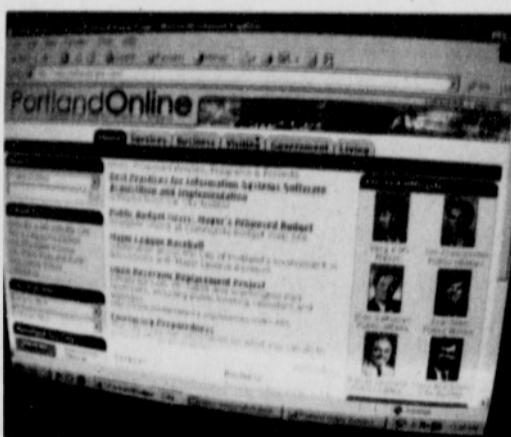
The Internet site provides a focused, central location for getting services and information from the city.

"When I was sworn in as Mayor, some of our bureaus didn't even have e-mail or Internet access and many didn't have websites," said Mayor Vera Katz. "With the evolution of technology and the launch of Portland Online, we are nearing my goal of having a 24-hour City Hall at the public's fingertips."

Over the past several months, the Bureau of Technology Services and city webmasters have developed a database that's easy to use.

"The public should not have to hunt around to learn about government or find answers to their questions," said Tim Grewe, the city's chief administrative officer.

The city is also introducing a subscription service that will send emails on the issues area residents are most interested in. To sign up, simply log on to www.PortlandOnline.com and click on subscribe at the top of the home page.



City services are a click away at [Portland Online.com](http://PortlandOnline.com). The new Internet site was launched last week, and promises users the same friendliness as the city itself.

JIMMY CLEANERS

(formerly Renaissance Market)

Best quality low prices in town

Two day's service, Any garment - \$2.50 (Except leather)

Laundry Shirts - \$1.25 Table clothes - \$10.00

Comforter - \$15.00-\$20.00 Regular coat - \$7.50

Medium length coat - \$10.00 Maxi Coat - \$15.00

9 A.M. - 7:30 P.M. MONDAY THRU SATURDAY
909 N. KILLINGSWORTH PORTLAND, OR 97217
(503) 289-8452

Advertise with diversity in
The Portland Observer
call 503.288.0033
or email: ads@portlandobserver.com

KIDNEY CARS ARE "LIFESAVERS"

Call 1-800-488-CARS
to donate your unwanted car, truck or boat.

Get free towing, a possible tax deduction and the good feeling of helping save lives affected by kidney disease.

Portland call 963-5364
www.kidneyorwa.org

NKF
National Kidney Foundation™
of Oregon & Washington

Denise Johnson

- B.A. Health & Fitness Management
- M.P.H. (Physical Activity and Risk Reduction (currently enrolled))
- Certified Personal Trainer, A.C.E.
- Group Aerobic Instructor, A.F.A.A.
- 23 Years Experience Weight Lifting & Body Building

Health Pursuits

"Helping you pursue your health and fitness goals"

We cordially extend an...
Introductory Offer:
(5) Personal Training sessions: \$25 ea.
or...

Friends and Family Training Sessions \$30
Featuring Indoor Cycle & Circuit Training
(Maximum three persons per group session)
For more information or an appointment, call:

503-513-9715
or Email: HealthPursuits@excite.com

REACH
Racial & Ethnic Approaches to Community Health
A program of the African American Health Coalition, Inc.
Sponsored by the CDC (Centers for Disease Control and Prevention)

Wellness Within REACH: Mind, Body, and Soul Activity Calendar

All classes are free of charge!

	Mon	Tues	Wed	Thurs	Fri	Sat
Matt Dishman 77 NE Knott	Strength Training 8-9am and 2-3pm Brown	Strength Training 9-11am Norris	Strength Training 8-9am and 2-3pm Brown	Strength Training 9-11am Norris	Strength Training 8-9am and 2-3pm Brown Chicago Step 6:00-7:00pm Kendrick	African Dance 10:00-11:00am Addo
Salvation Army 5325 N Williams	Salsa 6:30-7:30pm Hangland	Water Aerobics Contact AAHC 503-413-1850	Tai Chi 6:30 - 7:30pm Lyles	Water Aerobics Contact AAHC 503-413-1850		
Nature's 3535 NE 15th		Yoga 7:30-8:30pm O'Rourke		Yoga 7:30-8:30pm O'Rourke		Body Conditioning 9:30-10:30am Nickerson
Peninsula Park 700 N Portland		Walking Group # 6:00-7:00pm Nickerson		Walking Group # 6:00-7:00 pm Nickerson		Walking Group 12:30pm Nickerson
Salvation and Deliverance 5736 N Albina	Low Impact Aerobics 7:15 - 8:15pm Norris	Low Impact Aerobics 7:15 - 8:15pm Norris				Community Prayer Walk 9:00 - 10:00am Irby
Mallory Avenue Christian Church (Gym) 126 NE Alberta	Aerobics 5:30-6:20pm and 6:30-7:30pm Nickerson		Aerobics 5:30-6:20pm and 6:30-7:30pm Nickerson		Aerobics 6:30-7:30pm Nickerson	
Highland United Church of Christ 4635 NE 9th Ave.	Aerobics 6:00-7:00am Pierce	Aerobics 6:00-7:00pm Keller	Aerobics 6:00-7:00am Pierce	Aerobics 6:00-7:00pm Keller	Aerobics 6:00-7:00am Pierce	
Whitaker Track 42nd & Killingsworth		Wt. Management/ Conditioning 9:00 - 10:00am Hasan		Wt. Management/ Conditioning 9:00 - 10:00am Hasan		

**Must be 21 or older to participate. Please check with AAHC before showing up to the first class 503-413-1850. Please receive approval from your doctor before beginning exercise class.
#meet inside Lloyd Center in front of Sears

AAHC African American Health Coalition, Inc.
2800 N. Vancouver Ave., Suite 100 • Portland, OR 97227 • Phone: 503-413-1850
E-mail: kdempsey@aahc-portland.org • Web: www.aahc-portland.org