

HEALTH

Fighting Childhood Obesity

Grant promotes healthy eating, active living

Portland is one of 41 sites selected for a national program to fight childhood obesity

Oregon's Public Health Institute has been awarded a \$360,000 grant from the Robert Wood Johnson Foundation to improve

healthy eating and active living for children and families living in affordable housing settings in Portland and throughout Multnomah County.

Local data demonstrate that Portland communities with concentrations of multi-family affordable housing have inadequate infrastructure and fewer opportunities for healthy eating and active living.

"This grant will help create

healthy, complete communities for all Portland residents, not just for those who can afford to live in Portland's most desirable neighborhoods," said Noelle Dobson, project director at Community Health Partnership. "We need to ensure that as Portland grows and develops over the next decades that lower income residents and communities of color also benefit from Portland's tradition of building livable communities."

Mt. Hood Kicks Out Tobacco

To ensure a safe and healthy educational environment, all Mt. Hood Community College locations became tobacco free with the New Year.

MHCC joins Portland Community College

and Clark College in Vancouver as local college campuses which have kicked the cigarette habit.

For information on quitting smoking, call the Oregon Tobacco Quit Line, 800-QUIT-NOW (784-8669).

HEALTH WATCH

Stroke Alert Screening -- Check your carotid arteries with a painless ultrasound to assess your risk. Fee \$40. To schedule a screening, call 503-251-6137.

Empowerment through Relaxation -- Free informal meditation classes that address breathing techniques, some gentle ancient African yoga poses and mental balancing techniques -- People have left these classes joyful and with a peaceful view of their lives. We have these sessions bi-monthly -- Call Dr. Marcelitte Failla at 503-228-6140.

Heart Talk Support Group -- Meets on the second Monday of each month; from 6 p.m. to 8 p.m. For more information, call 503-251-6260.

Family Caregiver Support Group -- This topic-oriented group offers a safe place to discuss the stresses, challenges and rewards of providing care to an older relative or friend. Meets the first Thursday of each month at 3 p.m. at Legacy Good Samaritan Hospital.

Chronic Pain Support Group -- Meets the first Wednesday at 4 p.m. to 5:30 p.m. and the third Wednesday of each month, from 7 p.m. to 8:30 p.m. For more information, call 503-256-4000.

Bereavement Support Groups -- Free, safe confidential group meetings for those who have experienced the death of a loved one offered on various nights and locations. For information and registration, call 503-215-4622.

Cancer Resource Center -- Providence St. Vincent Medical Center and

the American Red Cross have joined forces to create the first in-hospital resource center providing books, printed material, computer access and more for individuals and families dealing with cancer. The center is open Monday through Thursday, 9 a.m. to 4 p.m.

Lead Poisoning Prevention -- Learn how to protect your family from lead poisoning. Ideal for folks in live in older homes with children or pregnant women. Qualified participants receive a free kit of safety and testing supplies. Call 503-284-6827.

Parenting Classes -- Newborns don't come with instruction manuals but parents and parents-to-be can learn about a variety of topics from pain and childbirth to breastfeeding to infant CPR and much more. For a schedule of events, call 503-574-6595 or visit: providence.org/classes.

Cardiac-Rehab Exercises -- A medically supervised exercise program for people dealing with heart conditions. For information, call 503-251-6260.

Red Cross Continuing Education -- The Oregon Trail Chapter Red Cross now offers credits to help professionals maintain licensing or certification. For a cumulative list, visit pdxinfo.net.

Tenderfoot Care -- Treat your feet with a soak, nail trim, buffing and massage from a licensed nurse at one of six clinics or at your home. Call 503-251-6303 for more information.

Free Body Basics -- This physician recommended class is appropriate for all ages and health conditions. Plan to attend this one-session class and learn the simple guidelines for safe exercises, including stretching. Call 503-256-4000 to register.

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