

HEALTH

Free Heart Month Health Screenings at Sylvania

A "heart health" day to mark both Valentine's Day and American Heart Month – will be held at Portland Community College's Sylvania campus in southwest Portland on Tuesday, Feb. 9 from 11 a.m. to 1 p.m. Parking is \$3.

The public is invited to participate in a wide range of health activities, hosted by several of PCC's allied health departments.

There will be free blood pressure screenings, as well as information about the connection between oral disease and heart disease by the Dental department; images of heart anatomy from the Radiography department; and testing in body mass index, a step test and proper equipment usage by the Fitness Technology department;

HEALTHWATCH

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.

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. Marcelite 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.

Other activities will include information about cardiac rehabilitation and how to live with heart disease from the Nursing department; the latest information about

healthy and not-so-healthy fats and the caffeine content of energy drinks, from the Nutrition department; and handouts about childhood obesity and tips to encour-

age healthy eating habits among children, from the Early Education Family Studies and Child Development Center.

Current literature on smoking

cessation programs and how to grow your own "heart healthy" vegetables, as well as the opportunity to speak with a heart disease survivor, will also be available.

"Desperation..."

"Feelings of guilt..."

"Gambling had a hold on me..."

"I got the help I needed and I got my life back."

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