

# HEALTH MATTERS

## Mastering Mental Miscues

### Workshop for anxiety, depression offered

Untreated anxiety often leads to depression. Depression and anxiety drain energy, decrease drive, and lessen hope. The key to relief is learning the tools to make positive

choices each day and drawing on the support of others.

The Northwest Catholic Counseling Center is offering a series of six evening classes to help people

master the practical skills for dealing with depression and anxiety before they become overwhelming.

The workshop starts on Sept. 23 and runs until Oct. 28, from 6:30 to 8 p.m. Cost for the series is \$90, and there are some discounts or scholarships available for those who qualify. The deadline for register-

ing is Sept 17. Those interested can call 503-253-0964.

"The World Health Organization says the economic and societal consequences of depression make it the fourth costliest disease in the world. Those suffering in our community need to know that help is available," said Sister Barbara Kennedy, clinic director.

Class participants will learn the functional skills needed to live with,

and thrive, with depression and anxiety, including relaxation techniques leading to reduced stress and heightened feelings of joy and relief. Other topics include dealing with negative thoughts, communication skills and problem solving.

The Northwest Center is particularly devoted to caring for low-income women and children, who often shoulder the greatest emotional and financial burdens.

### Your Care Our First Priority



**Dr. Marcelitte Failla**  
Chiropractic  
Physician

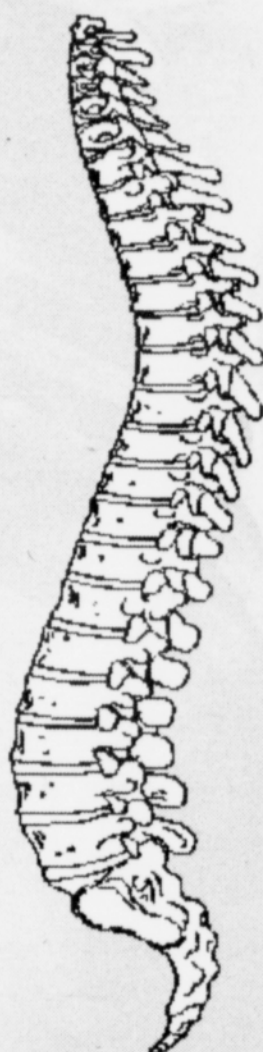
We are located at  
1716 N.E. 42<sup>nd</sup> Ave.  
Portland, OR 97213

(Between Broadway and Sandy Blvd.)



- Automobile accident injuries
- Chronic headache and joint pain
- Workers Compensation injuries

Call for an appointment! (503) 228-6140



### HEALTH WATCH

**Smoke-Free Support Group** -- Meets Mondays, 7 p.m. to 8 p.m. For information, call 503-256-4000.

**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.

**Cholesterol Profiles** -- Get the resources to help you keep an eye on your cholesterol and other indicators of heart health. Educational material provided. For more information, call 503-261-6611.

**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.

**Maternity Water Workout** -- Helping new moms regain muscle tone, strength, and flexibility, all in the support and freedom of the water. Call 503-256-4000 for more information.

**Senior Aerobics** -- A low-impact workout geared specifically toward seniors. Call 503-449-0783 for current schedule.

**Osteoporosis Screening** -- An ultrasound bone density screening with personalized education; fee \$30. To schedule an appointment, call 503-261-6611.

**Mind Body Health Class** -- Learn and practice techniques to help you improve your mood, health and wellbeing, including effective ways to manage difficult emotions and chronic stress or illness. Registration is \$70 for Kaiser Permanente members and \$95 for nonmembers. Call 503-286-6816.

**Red Cross Certification** -- 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.

**Families with Mental Illness** -- A free, 12-week course for people whose family members live with mental illness is offered at Emanuel Hospital, Mt. Hood Medical Center and Providence Medical Center. The course has been described as "life-changing" by former participants. Registration is required by calling 503-203-3326.

**Managing Chronic Hepatitis C** -- Third Wednesday of each month at 5 p.m. The informative session is led by a registered nurse to help you manage side effects of medications and dosage preparations and administration; doctor referral required. To register, call 503-251-6313.

**Better Breathers** -- An asthma educational support group meets on the 1st Tuesday of the month from 1:15 p.m. to 2:45 p.m. at Adventist Medical Center. For information, call 503-251-6830.

## Take Action. Get Tested!

\$20  
value

"Where to go,  
so you know"

Multnomah County Health Department's  
HIV Community Test Site offers  
**confidential** HIV testing  
with or without your name  
at these locations:

#### Downtown Community Test Site

Call 503.988.3775 for an appt.

Mon | Thurs | Fri

426 SW Stark St., 6th Floor,  
Portland, 97204

#### Northeast Health Center

Just walk in

Tuesdays | 5:30 - 7:15 pm

5329 NE MLK Jr. Blvd, 2nd Floor,  
Portland, 97211

"Free with this coupon"



Se habla español: other interpretation by appointment.