



Dr. Billy R. Flowers (above center) and his skilled staff are ready to help those in need.

THE SPINA COLUMN™

An ongoing series of questions and answers about America's natural healing profession.

Part 26 KIDS AND CHIROPRACTIC As the twig is bent so grows the tree

Q: I have recently noticed my son has one shoulder higher than the other. Could this be a sign of a problem in his spine?

A: Good thinking, mom! It surely could. In fact having one shoulder higher than the other is a cardinal sign of curvature of the spine. According to Chiropractic research, the earlier a curvature is caught, the higher the potential for success. To be certain about health of your child, call our office today for a professional spinal evaluation. Spines (big or small) are our specialty.

Q: I have been told that my child needs an operation for a curvature in her spine. Is there an alternative?

A: You most definitely should have a thorough Chiropractic checkup on your child immediately. Spinal surgery gets. All conservative efforts at handling your child's problem should be considered before consenting to surgery.

Our office is highly trained and skilled at handling problems like that of your child's. Don't be fooled by the thought of "watching the condition" either. Without proper assistance it won't go away. Offer your children the best in health care. Give them regular Chiropractic checkups. As the twig is bent so grows the tree!

Flowers' Chiropractic Office
2124 N.E. Hancock Street, Portland Oregon 97212
Phone: (503) 287-5504

HEALTHWATCH

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. Call Dr. Marcelitte Failla at 503-228-6140.

Powerful Tools For Caregivers -- 6-week educational series designed to help family caregivers take care of themselves while caring for relatives or friends with chronic illness. Class size is limited, and registration is required. Call 503-413-8018.

Leg Alert Screening -- Check for peripheral arterial disease with this safe, simple screening using ankle and arm blood pressure. The fee is \$40. To schedule an appointment, call 503-251-6137.

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.

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:

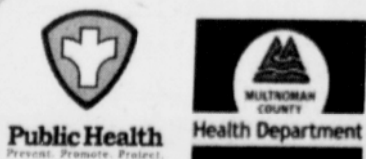
Downtown Community Test Site

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.

Northwest Voice For Christ Ministries "An Interdenominational Church"

THE VOICE SPEAKS



**We Reach,
Teach &
Preach in
Jesus' name!!!**

*Pastor Bishop H. L. & Elect Lady Earlean J. Hodge
Pastor/Teacher/Revivalist*

Sundays: Worship Service — 12:00-2:00 P.M.
Seminars: Bible Themes — Wednesdays — 6:00 — 8:30 P.M.
"God The Father", "God The Son" and "God The Holy Spirit"

Bishop Hodge and Congregation invite you to join us at our appointment with Jesus.

Location: Concordia University Campus
2800 NE Liberty (The GRW Library, Room 303)
Corner of 29th & Liberty
Portland, OR. 97211

To inquire about our Church please call: (503) 863-6545 or hodgehspks@msn.com www.nwvoiceforchrist.com