

HEALTH MATTERS

HEALTHWATCH

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.

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.

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.

Abdominal Aneurysm Screening -- Free 10 minute health screenings to detect a deadly vascular condition -- called abdominal aortic aneurysm will be offered for Portland-area residents on Saturday, Feb 5 from 8 a.m. to 5 p.m. at the Kmart pharmacy in Tualatin. Advance registration is required by calling 866-371-3592.

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.

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.

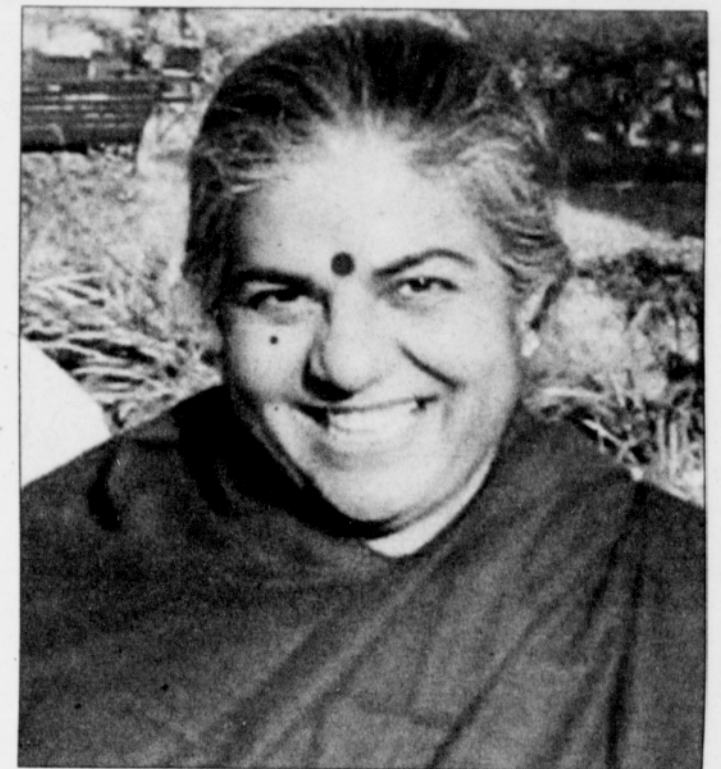
Organic Food Activist Visits

An Indian physicist who pioneered the organic movement in India and established Navdanya, the country's biggest network of seed and organic food producers, is coming to Portland Community College.

Vandana Shiva will speak from 10 a.m. to 11:30 a.m., Thursday, Feb. 24, in the Moriarty Auditorium, Cascade Campus, 705 N. Killingsworth St. The lecture is free and open to the public.

Shiva is a scientist and activist on issues of agriculture and food, bioethics, globalization, gender and the worldwide impacts of climate change.

She is the founder and director of a network of seed keepers and organic producers spread across 16 states in India that has helped set up 54 community seed banks, trained more than 500,000 farmers in seed and food sovereignty, and sustainable farming.



Vandana Shiva

Making Strides for Public Health

U.S. Surgeon General Regina M. Benjamin will receive the NAACP Chairman's Award during the 42nd NAACP Image Awards, broadcast from Los Angeles on Friday, March 4.

The award is bestowed in recognition of special achievement and distinguished public service.

NAACP Chairman Roslyn M. Brock said Benjamin's community-oriented values, as displayed in her commitment to making health care accessible for minorities and rural patients, embody the



Regina M. Benjamin

NAACP's belief in equal health care rights for all citizens.

"As 'America's Doctor,' Benjamin provides information on improving individual health and the health of our nation. By way of her phenomenal community service and dedication, her efforts epitomize significant strides for women, racial minorities and the poor," Brock said.

Benjamin said the NAACP shares her focus on prevention and belief that quality health-care, and healthy environments should be made available to all.

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