

HEALTH

**3rd Annual
Community Fair**

**Sunday
August 5, 2012
1-5 PM**

Sharon Seventh Day
Adventist Church

5209 NE 22nd Ave.
Portland, OR 97211

For more information:
503-287-7649
www.sharonsda.net

- Consultations with family practice physicians
- Cholesterol, blood glucose, and blood pressure testing
- Clowns
- Bounce House
- Face Painting
- Community Vendors ...and MORE!!!!

FREE Health Screenings!!!
School Supply Giveaway to the first 100!!!



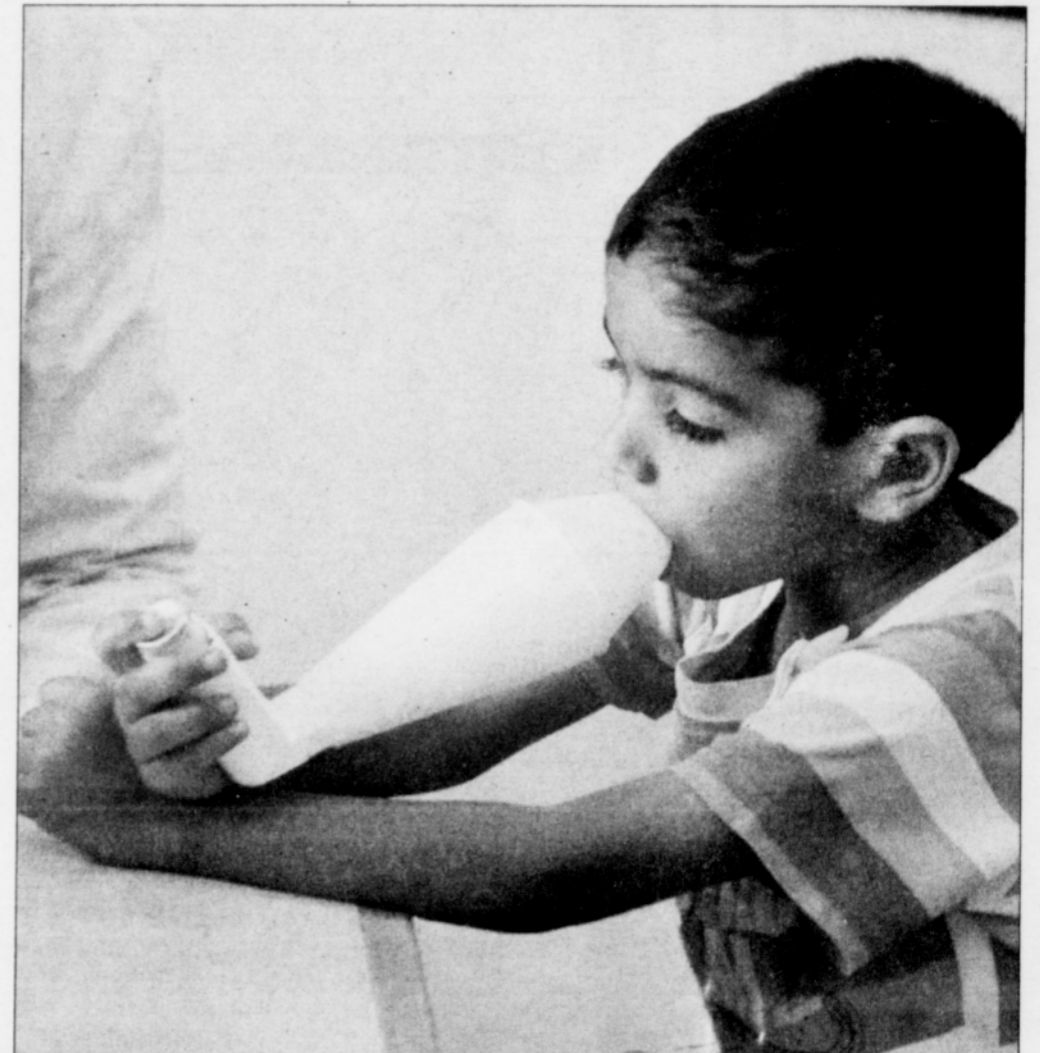
Group Offers Asthma Workshop

On Friday, Aug. 3 from 10 a.m.-to 11:30 a.m., the Highland Christian Center will host a free workshop about asthma for African Americans and other members of the community.

Participants will learn how to get help with asthma costs, why the right medications can help asthma, how to use asthma inhalers, and what makes asthma get worse. Child care and refreshments will be provided.

Asthma is a health condition that adversely affects African Americans more than other populations. The workshop is sponsored by the Association of Asthma Educators, a group which is holding its national convention this weekend in Portland.

Highland Christian Center is located at 7600 N.E. Glisan St. For more information or to RSVP for the workshop, contact Rene Bernert at 503-718-6144 or email intern2@lungoregon.org.



A child demonstrates the use of an inhaler device for asthma medication.

HEALTH WATCH

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.

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.

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.

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.

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.

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.

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.

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

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.

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.

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.

Weston Buick KIA GMC

Oregon's Largest pre-owned inventory



AC Williams III
PRODUCT SPECIALIST

22555 SE Star St
GRESHAM, OR 97030

(503) 665-2166
FAX (503) 667-6026
CELL (503) 890-6200

WWW.BUYWESTON.COM
AC.WILLIAMS@BUYWESTON.COM

*"helping people obtain there auto loan
without the hassle"*