

HEALTH



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World AIDS Day Celebration

**PCC Cascade
to host interfaith
concert Saturday**

An Interfaith concert in observance of World AIDS Day, will be held Saturday, Dec. 1 at the Portland Community College Cascade Campus, thanks to the PCC Cascade Women's Resource Center in association with Chrysalis Ministries, Never Give Up and Trueshine Entertainment.

The "I Speak Life" concert is a

call for honor, patience, compassion, love and advocacy in the fight against HIV and AIDS.

The event will feature some of the Northwest's finest speakers, performing and visual artists and will begin at 6 p.m. in the Moriarity Arts and Humanities building with an exhibit and reception, followed by the concert at 7 p.m. Admission is free and the public is welcome.

HIV is the virus that causes AIDS, and is now the leading cause of death for African American women ages 25 to 34. It is the second leading cause of death of African Ameri-

can men ages 35 to 44.

The Rev. Renee' Ward, founder of Chrysalis Ministries, along with the group's many volunteers, have worked passionately to present culturally-relative outreach events and programs to enlighten African and African American communities on how to eliminate the spread of HIV/AIDS locally and globally.

"A positive diagnosis doesn't mean a negative outcome," Ward said.

For more information, contact Rev. Ward at revneeward@hotmail.com.

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.

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.

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.

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.

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.

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