

HEALTH

THE LAW OFFICES OF Patrick John Sweeney, P.C.

Patrick John Sweeney
Attorney at Law

1549 SE Ladd
Portland, Oregon

Portland: (503) 244-2080
Hillsboro: (503) 244-2081
Facsimile: (503) 244-2084
Email: Sweeney@PDXLawyer.com

Small Business Computer Support and Training

LB3 Computing Solutions



Don't get bogged down with too much technology! LB3 helps you select the technology you need and makes it easy for you to use with training and support tailored just for you.

Conveniently located in Portland, Oregon

We make it easy and affordable.
You'll spend less time at your computer and more time with your customers.

Call or email us today · info@LB3ComputingSolutions.com

503.621.6368

Pioneering Doctor Served for 35 years Co-founder of Portland Women's Clinic retires

Women's Healthcare Associates, an obstetrics, gynecology, midwifery, maternal-fetal medicine, and genetics practice, has announced the retirement of Dr. Thomas O. Flath.

Dr. Flath will end his distinguished career next month after 35 years of practicing medicine in the Portland area. He obtained his medical degree from the University of Iowa in 1973, completing his residency at Oregon Health & Science University. He is board certified in obstetrics and gynecology and spent his working years pursuing general obstetrics and gynecology, as well as ultrasound and infertility.

Dr. Flath was on the ground level of what Women's Healthcare Associates has become today. A member of the Portland Women's Clinic, which he joined in 1977, he was also part of the merger with the Lloyd Center Women's Clinic in 1991, which in turn became Women's Clinic, PC in 1993. Women's Health Center of Oregon and Women's Clinic, PC joined Women's Healthcare Associates in 2011, becoming the largest private

medical practice in Oregon.

"Dr. Flath and I completed our specialty training at OHSU the same year," says Dr. Daniel Schinsky, Women's Healthcare Associates chief medical officer. "We've been

reers; the women's healthcare community is losing a very valuable and distinguished member."

Over the years, Dr. Flath has been part of a group of influential specialists in the Portland community, including a team with the skills for more extensive surgery required for patients with gynecologic cancers, something relatively unheard of during the 1970s. His partners also included the first female OB/GYN on Portland's eastside.

With last year's merger with Women's Healthcare Associates, Dr. Flath finishes his distinguished career among physicians he first trained and practiced with so many years ago.

"I have a fishing boat that's been in storage for more than six years and it's coming out January

2nd," says Flath with a chuckle. "My plan is to focus my attention on my family and continue to stay active in our community by volunteering. But first I'll do nothing! And then figure out exactly what's next, but I don't see a rocking chair in my future any time soon."



Dr. Thomas Flath

part of the same professional community for decades—and that's a long time! When we began discussing merging practices two years ago, it was a no brainer. It has been an honor to share this part of our ca-

HEALTHWATCH

Take Off Pounds Sensibly -- TOPS meetings are held every Tuesday at 8:45 a.m. at the St. Michael's and All

Angels Church, 1704 N.E. 43rd Ave. Anyone interested is invited to learn about this weight loss support program which offers information, encouragement, weekly programs, fun contests, discussion and socialization.

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.

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.

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.

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.

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.

Chiropractic Auto Injury Clinic, PC

Zchon R. Jones, DC

333 NE Russell St., #200, Portland, OR. 97212

(503) 284-7838

Truly making a difference in the lives of
Auto Accident victims and **Injured Workers** for nearly 20 years.

If you or someone you know has been in an accident,
call us so we can help you with your needs. (503) 284-7838



We are located on the
corner of MLK and Russell
Street, on the second floor
above the coffee shop.

Parking Area

333 NE
Russell
#200

Russell St.

S

MLK Jr. Blvd

CHIROPRACTIC
&
ACTIVE
REHAB