

HEALTH

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A NEW CHRISTIAN SCHOOL IS OPENING! *Emmanuel Christian Academy*

Building Tomorrow's Leaders
For low-income, at-risk, 3rd grade boys living in the 97203 or 97217 zip codes

OPEN HOUSE: Thursday March 21, 2013 7-8:30 PM
and Saturday April 6, 2013 10-11:30AM

Location: University Park Baptist Church
4340 N. Lombard St. Portland 97203
www.emmanuelchristianacademydx.org

Health Advocate Plans Retirement

After 38 years, Greg Van Pelt, Providence's Oregon chief executive, is announcing his retirement from Providence Health & Services, effective in June or until a successor is named.

Well known for his collaborative leadership and support for community health services, Van Pelt has led Providence through unprecedented change in health care.

His accomplishments are many. Within Providence, he served as administrator of Providence St. Vincent; he led Providence Health Plan during



Greg Van Pelt

significant growth; he brought in two new Providence hospitals in Seaside and Newberg; and he worked with leaders to develop obstetric services at Providence Portland and a Neonatal Intensive Care Unit at Providence St. Vincent.

Within the community, Van Pelt was instrumental in starting Virginia Garcia Memorial Health Center for the poor and underserved. He also worked with health providers to create Healthy Start, a maternity care program.

HEALTH WATCH

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 arter-

ies 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.

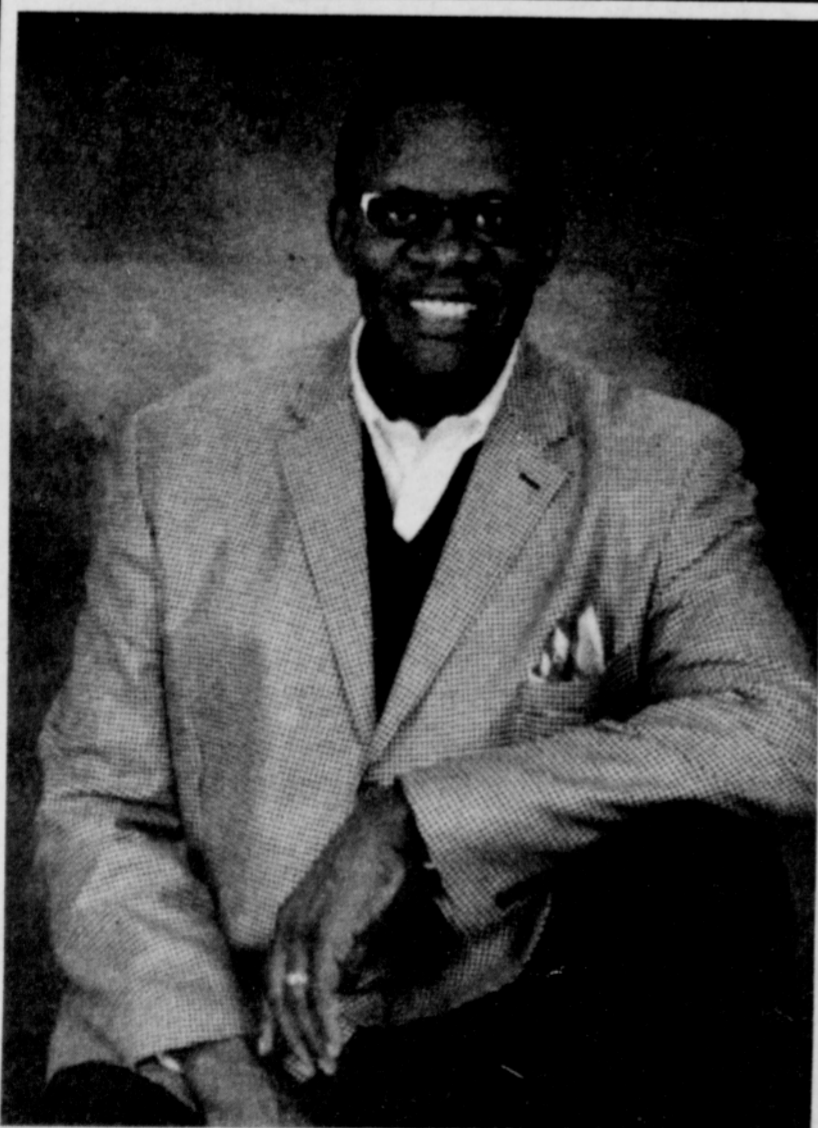
Better Breathers -- An asthma educational support group meets on the 1st Tuesday of the month from 1:15 p.m. to 2:45 p.m. at Adventist Medical Center. For information, call 503-251-6830.

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.



Dr. Billy R. Flowers

THE SPINAL COLUMN™

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

Part 7. CHILDREN & CHIROPRACTIC: Start off early in life for a lifetime of health

Q: When will my children be old enough to benefit from seeing a Chiropractor?

A: Children of Chiropractors often receive their first spinal adjustments the day they are born. Using special techniques for infants, Chiropractors are able to correct spinal misalignments caused by the traumatic and turning of childbirth. What's more, we're frequently able to alleviate infant problems like colic that often keeps both babies and parents up all night.

Q: I have a friend who takes her children to a Chiropractor even

when they aren't sick. Why would she do this?

A: Actually, there are more reasons for children to see a Chiropractor regularly than there are for adults. First of all, because of their activities in school and out, children naturally take more spills than an average adult. This is one of the most common reasons people bring their children to a Chiropractor. But the

best reason of all is so that with regular Chiropractic care, children can develop a nearly perfect spine. Not only to help them do better in school, but to gain increased strength, health and vitality throughout their adult lives. To find out all the ways Chiropractic can help your children experience a lifetime of good health, please call us at the number below.

Flowers' Chiropractic Office

2124 NE Hancock, Portland Oregon 97212

Phone: (503) 287-5504