

## HEALTH

## Free Clinic has New Director



Dr. Praneeti Parjan is the new director at the Free Clinic of Southwest Washington, located at 4100 Plomondon Street in Vancouver.

Her responsibilities include the oversight of acute care, including the clinic's vision and immunization programs, flu-pertussis clinics, health screening clinic, and emergency prescription assistance program.

The position also encompasses supervision of the transitional diabetes program, glaucoma program, and Project Access -- a program which connects uninsured patients needing specialty care with nearly 300 specialists and the two hospitals in Clark County.

Previously, Parjan was Clinic Manager for the Essential Health Clinic in Hillsboro, where she managed service delivery to uninsured patients. She received her medical degree from Tver State Medical Academy in Russia, and did her residency in New Delhi, India.

*Patrick Callahan welcomes Praneeti Parjan to the Free Clinic of Southwest Washington.*

Patrick Callahan, who has been director of the Vancouver clinic for the past five years, is leaving to attend the University of Washington, where he has been accepted to medical school.

The Free Clinic of Southwest Washington provides quality medical, dental, and vision services at no cost for uninsured children and adults.

## HEALTHWATCH

**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.

**Take Off Pounds Sensibly** -- TOPS meetings are held every Tuesday at 9 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.

## Schools Short on Physical Activity

(AP) — Reading, writing, arithmetic — and PE?

The prestigious Institute of Medicine is recommending that schools provide opportunities for at least 60 minutes of physical activity each day for students and that PE become a core subject.

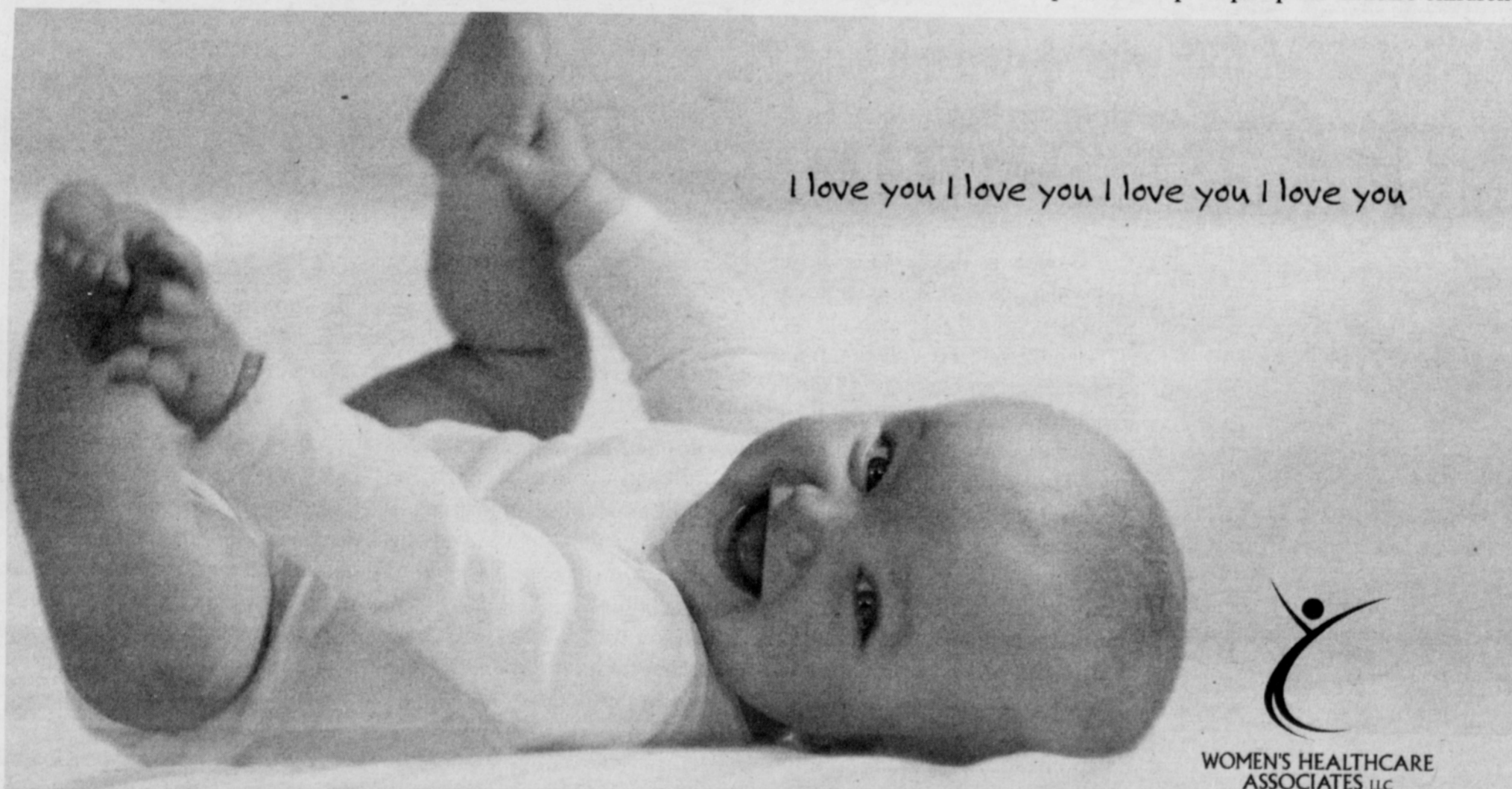
The recent report says only about half of the

nation's youngsters are getting at least an hour of vigorous or moderate-intensity physical activity every day.

Another concern, the report says, is that 44 percent of school administrators report slashing big chunks of time from physical education, arts and recess since the passage of the No Child Left Behind law in 2001 in

order to boost classroom time for reading and math.

With childhood obesity on the rise — about 17 percent of children ages 2 through 19 are obese — and kids spending much of the day in the classroom, the chairman of the committee that wrote the report said schools are the best place to help shape up the nation's children.



We are WOMEN'S HEALTHCARE ASSOCIATES.

WOMEN'S HEALTHCARE ASSOCIATES LLC

www.whallc.com

RECOMMENDED BY BABIES ALL OVER THE PORTLAND METRO AREA—INCLUDING EASTBANK & TABOR.