

HEALTH

Get Healthy at Wellness Village

This Saturday, Oct. 25 marks the African American Health Coalition's 19th annual Wellness Village, a free family event open to the public and focused on getting the community looking and feeling healthy.

The event at the Ambridge Event Center, 1333 N.E. Martin Luther King Jr. Blvd., will take place from 9 a.m. to 3 p.m. and offer free dental, hearing, and vision clinics, along with flu shots and general immunizations.

There were also be diabetes and high blood pressure screenings, along with fitness classes and free massage, open to kids as well.

The African American Health Coalition works to improve health outcomes in the community through research, advocacy, and outreach programs like Healthy Kids insurance coverage and a Low Cost Exercise program.

For more information, visit ahc-portland.org.

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.

Red Cross Certification -- The Oregon Trail Chapter Red Cross now offers credits to help professionals maintain licensing or

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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. Marcelite 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.

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 sup-

plies. Call 503-284-6827.

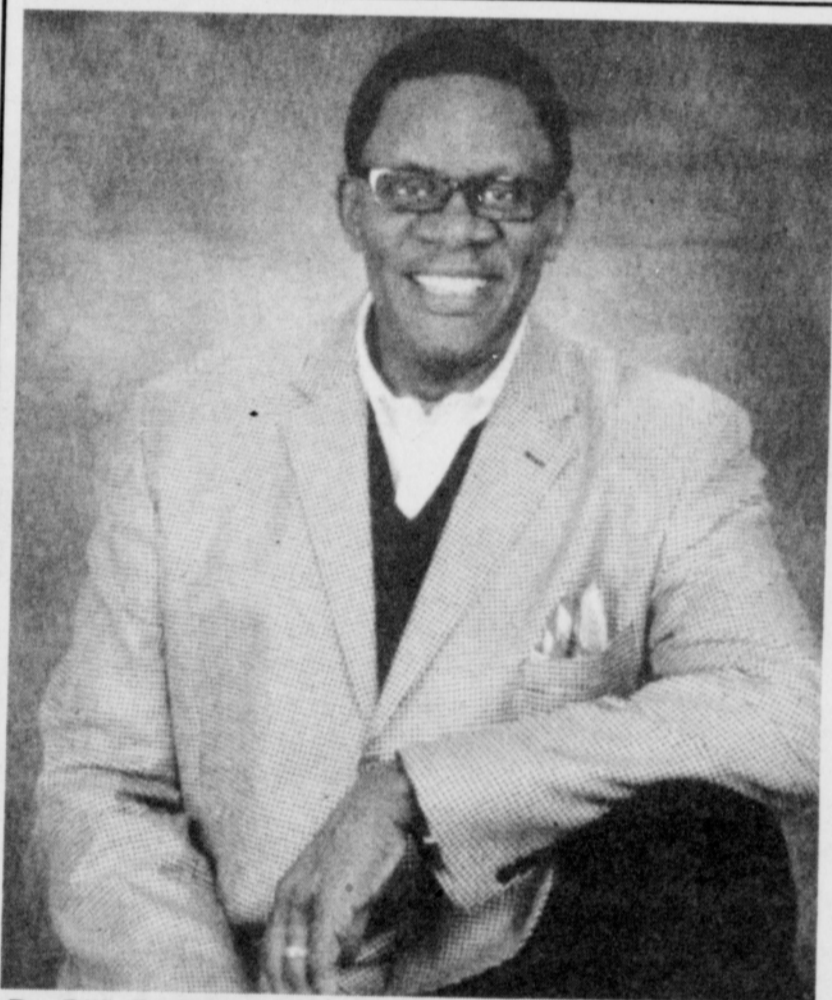
Parenting Classes -- Newborns don't come with instruction manuals but parents and parents-to-be can learn about a variety of topics from pain and childbirth to breastfeeding to infant CPR and much more. For a schedule of events, call 503-574-6595 or visit: providence.org/classes.

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.

Smoke-Free Support Group -- Meets Mondays, 7 p.m. to 8 p.m. For information, call 503-256-4000.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 20. It's Just Your Nerves: Chiropractic's answer to an age old answer

Q: I have been to see a number of doctors about my headaches. The most recent one said it was, "just nerves" Can Chiropractic help?

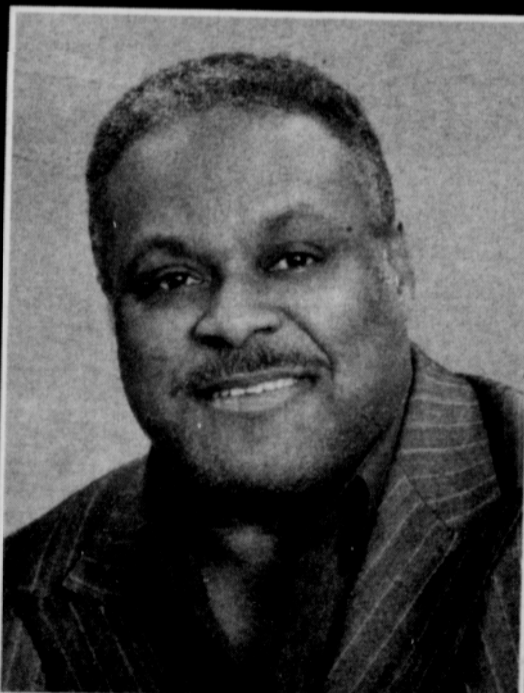
A: Your doctor was probably right. Chances are it is your nerves. An in-dependent research team recently announced that between 90% and 95% of all head-aches were due to pressure on the nerves. Your doctor was probably talk-ing about

emotional nerves. The research team, of course, was talking about the nervous system. When pressure or irritation gets on nerves (scientifically known as subluxa-tion), tension in muscles will result. In the neck, this tension will work its way up to the skull. Nest, blood flow will be altered. Before you know it, you will have another throbbing headache. In

Chiropractic, we work with reducing subluxations, releasing the irrita-tion from the nerve fibers. Muscles can relax. The body will no longer send a message of pain and your headaches will be gone for good! If you're tired of hearing that your problem is "just nerves," call us today. We've got the answer to the "just nerves" answer.

Flowers' Chiropractic Office

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