

HEALTH

Conference Focus on Traditional Childbearing

Group meets to improve birth outcomes, recruit midwives of color

Four-time Grammy Award-winning singer/songwriter and holistic healer Erykah Badu joins midwives and healers from across the globe this weekend to open a three day Black Midwives and Healers Conference in Portland.

The International Center for Traditional Childbearing is hosting its 9th International Black Midwives and Healers Conference, "Honoring Our Past, Embracing Our Future" at the University Place Hotel and Con-



Erykah Badu, a four-time Grammy award winner (left), will lend her support to a black midwives and healers conference in Portland this week, joining Shafia Monroe (right), founder the conference.

ference Center right outside Portland State University on Friday, Oct. 9 through Sunday, Oct. 11.

The goal of the conference is to improve birth outcomes, diversify the midwifery and doula

profession and increase civic engagement of students to increase the number of people of color who enter the midwifery field. Currently there is a severe shortage of midwives and doulas of color, to service pregnant women and new mothers, and who are needed to positively impact maternal and infant health in the black community.

According to the center's studies, African Americans babies still have the highest infant mortality rate of any race in the country; the national average for white America is five infant deaths per 1,000 babies and 14 infant deaths per 1,000 for African-American babies. The conference will support and foster the resurgence of black midwives who are needed to meet the growing demand of these new children and mothers.

To register or learn more, visit conference.ictcmidwives.org.

HEALTH WATCH

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.

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 supplies. Call 503-284-6827.

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.

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.

Chronic Pain Support 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.

Cardiac-Rehab Exercises -- A medically supervised exercise program for people with heart conditions. For information, call 503-251-6260.



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