

Arts & ENTERTAINMENT



Members of Portland's Groovin' High Steppers enjoy the group's Chicago-style steppin' dance classes and social events.

Groovin' Steppers Beginner Classes

Groovin' High Steppers, Portland's premier Chicago-style steppin' group, is reaching out to the community to inform folks about a new six week steppin class series for absolute beginners! The weekly one hour class will begin on Tuesday, Jan 30 at 7 p.m. and run through March 6 at the (Com)Motion Dance Studio, located at 4522 N. E. 42nd Ave. and Prescott. Registration is required and the price is affordable, but space is limited. You can sign up for the class at groovinhighsteppers.com. For more details, call Denise at 503 819-4576 or Hernandez at 206-683-4101.



We are Hiring!

Program Supervisor, Mental Health Call Center 9361-224

We are looking for someone who can help support the Mental Health and Addiction Services Division to support the expansion, coordination and quality of peer services in Multnomah County.

Join our team!

Apply now at www.multco.us/jobs.

Posting closes: January 19 at 11:59 pm



Metro

Metro operates the Oregon Convention Center, Oregon Zoo, Portland's 5 Centers for the Arts and Expo Center and provides transportation planning, recycling, natural area and other services to the region.

Visit www.oregonmetro.gov/jobs for current openings and a link to our online hiring center.

Metro is an Affirmative Action / Equal Opportunity Employer

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2017 ~ Celebrating 10 years in Business

In June 10 years ago we opened our doors to serve families at one of their greatest times of need. The community has embraced us and we take this responsibility with the deepest honor.

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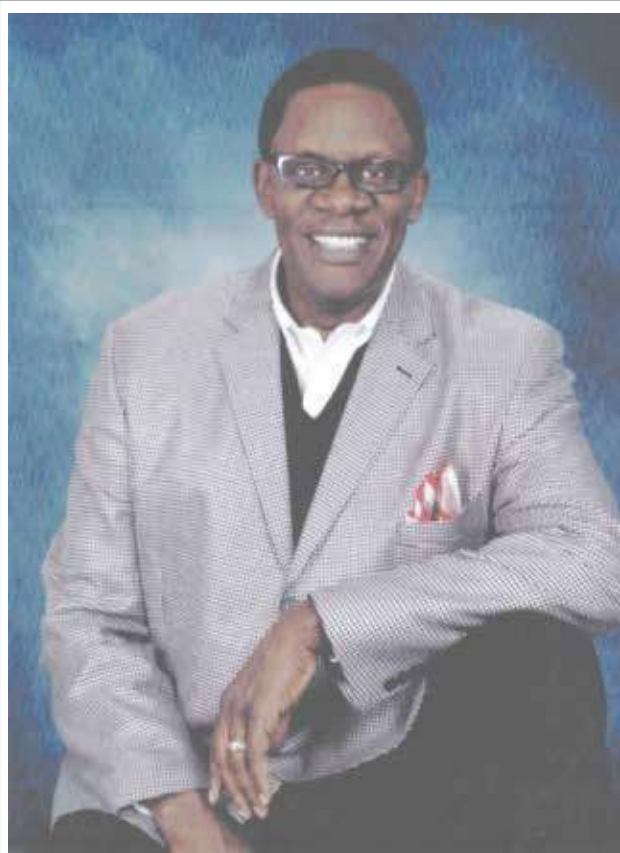
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Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 1. CHIROPRACTIC: For the best in natural healing, hearing is believing.

Q: How did Chiropractic care come about?

A: Spinal manipulations have been practiced for over 2,500 years. Hippocrates, the "Father of Medicine," advised: "look well to the spine for the cause of disease." But modern Chiropractic came of age back in 1895. In Davenport, Iowa, a patient came to Dr. D.D. Palmer complaining of back pain. This patient had also been nearly deaf since suffering a back injury 17 years earlier. Dr. Palmer noticed a bump on the patient's back, which he suspected was related to a dislocated

vertebra. To relieve the patient's pain and reposition the vertebra, Dr. Palmer placed him on a table and pushed down on his back, performing a spinal manipulation or "adjustment." He performed this adjustment three days in a row. By the third day, not only had the patient's back pain disappeared, his hearing reappeared. Today's Chiropractors know that the central nervous system (housed within the body's spinal column) provides the energy, which governs all bodily

functions. By making sure that the spinal column is in correct alignment, Chiropractors eliminate any possible interference, which would prevent the central nervous system from keeping the body functioning the way nature, intended.

To find out how Chiropractic might be able to help you or for answers to any questions you might have about your health, please feel free to call us at the phone number shown below.

Flowers' Chiropractic Office

2124 NE Hancock, Portland Oregon 97212 • Phone: (503) 287-5504