

North by Northeast Community Health Center celebrates and honors Black History Month.



northby
northeast
COMMUNITY HEALTH CENTER

North by Northeast Community Health Center is the only clinic in Oregon focused on African American health. And we can be your go-to neighborhood

health clinic! We provide welcoming, high quality health care to adults who have Oregon Health Plan. Since 2006, our priority is on serving the local African American community and reducing the deadly effects of high blood pressure and diabetes. We are accepting new patients, and if you're uninsured, we can help you get covered! To make an appointment or find out more about our services, call us at (503) 287-4932.

714 NE Alberta St., Portland Oregon 97211 | nxneclinic.org



Gordon Lessing, 90, who regularly walks to stay healthy, tries out a new gym at Legacy Emanuel Hospital built specifically to help heart and pulmonary patients.

New Gym for Heart Patients

Legacy Emanuel has opened a new cardiac and pulmonary rehabilitation program, which includes a 4,200-square-foot gym, to help heart and pulmonary patients on their road to recovery. With this new addition, Legacy Health will now have cardiac and pulmonary rehabilitation programs at all six of its medical center campuses.

The program offers a state-of-the-art fitness gym with equipment such as treadmills, elliptical

fitness tools. Patients get a completely individualized and closely monitored outpatient treatment plan that includes instruction on physical activity, nutrition, stress management and classes to help them change their lifestyle and kick habits, like smoking. They are overseen by a team of physicians, exercise physiologists, nutritionists, nurses, behavioral therapists and physical and occupational therapists who serve in the field of cardiac and pulmonary rehabilitation.

Portland Police Bureau celebrates BLACK HISTORY MONTH

"Life's most persistent and urgent question is: 'What are you doing for others?'"
- Martin Luther King Jr.



DATI
DR. AUDREY TERRELL INSTITUTE

3rd Annual Awards Luncheon & 2018 DATI E. J. Holifield Scholarship Award

Fundraiser Event to Support SW Washington and Portland High Schools Black Student Unions Education and Career Goals

"Women Leading the Way to Success"

Woman of Faith
Bishop Grace Osborne, Pastor, Grace Covenant Fellowship Church

Woman in Labor Unions
Patricia Daniels, Executive Director, Constructing Hope

Woman in Education
Dr. Karin Edwards, President, Portland Community College Cascade Campus

Woman in Communications
Angela Jenkins, Executive Director, KBMS - AM 1480 Radio Station

Saturday, March 24, 2018
12:00pm to 2:00pm
Parkrose High School Community Center
12003 NE Shaver St.
Portland, OR 97220

Admission \$25.00
Contact: draudreyterrell@datiinstitute.org or eventbrite.com or 313-510-9968 for tickets and information.

"Making Life Challenges the Keys To Your Accomplishments"