

PreSERVE Coalition

2019 Talk 'n Taste
 June 19, 2019
 2 - 4 PM
Cerimon House
 5131 NE 23rd Avenue



And the Beat Goes On!
 Healthy Aging in the Black Community

FREE EVENT

Speaker: Lisa Barnes, PhD
 Professor of Gerontology and Geriatric Medicine at Rush Alzheimer's Disease Center, Chicago, IL.
 Dr. Barnes will discuss the risk factors for cognitive aging in Black Americans. Learn about recent research results from a cohort study in Chicago – the Minority Aging Research Study, including how certain lifestyle factors influence aging among older Blacks.

Speaker/Dancer: Latroy Robinson
 Let old PDX photos and good old soul music bring back memories as we learn some new, light moves (while seated) to stay active.

Healthy snack prepared by: Joyce Smith-McGee of Pans, Pots & Skillets Catering

Any questions? Please call Edine Francois, 503-494-2367



FOOD



Peanut Butter Energy Bites

INGREDIENTS:

- 2/3 cup creamy peanut butter
- 1/2 cup semi-sweet chocolate chips
- 1 cup old fashioned oats
- 1/2 cup ground flax seeds
- 2 tablespoons honey

INSTRUCTIONS

1. Combine all 5 ingredients in a medium bowl. Stir to combine. Place in the refrigerator for 15-30 minutes so they are easier to roll.
2. Roll into 12 bites and store in the fridge for up to a week.

Black Queer Pride Event



The Multnomah County Central Library, downtown, invites the public to a Black Queer Pride celebration on Sunday, June 2, from noon to 4:30 p.m.

A panel discussion on what it means to be black and queer in Portland will kick off the celebration and special performanc-

es will follow. You can drop in for a portion of the event or hang out all day. Pride month is about honoring the resilience of our communities and uplifting the voices of the most marginalized, including young people, the undocumented and disabled folks.

Dr. Charles Drew

14th Annual Community Blood Drive

Dr. Charles Drew Blood Drive

Saturday, June 15th, 2019
 7:30 a.m. to 1 p.m.

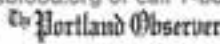
American Red Cross Portland Donor Center
 3131 N. Vancouver Ave.

11:30 AM – 12:30 PM Discussion Panel
 Living with Sickle Cell Anemia


Free Dr. Charles Drew T-Shirt
 Compliments of Suburban Propane
 \$10 eGift Card and Free Grilled Food
 provided by Stoopid Burger to all presenting donors.

Join Sistahs4Life at 9:30 AM for Soul Line Dancing in the Atrium

For an appointment, visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767)

Sponsored in part by  **The Portland Observer**

redcrossblood.org | 1-800-RED CROSS | Download the Blood Donor App today



Charles Smith
 Certified Master Instructor



PORTLAND SOO BAHK DO

"We are not attempting to develop a better warrior but a better person."

Class Days and Times
 Therapeutic Martial Arts- Tue & Thur- 6:00 PM
 Traditional Martial Arts- Tue & Thur- 7:00 PM
 Woodlawn MIC Center - 1425 NE Dekum
 Youth, Adults, and Families Welcome

www.portlandsoobahkdo.com
 (503) 502-2965 * Charles@portlandsoobahkdo.com

Providing Insurance and Financial Services
 Home Office, Bloomington, Illinois 61710

Ernest J. Hill, Jr. Agent

311 NE Killingsworth St,
 Portland, OR 97211
 503 286 1103 Fax 503 286 1146
ernie.hill.h5mb@statefarm.com
 24 Hour Good Neighbor Service®



State Farm® 