



Pacific Northwest Survival games will teach those involved skills needed to survive in the wilderness

Pacific Northwest Survival Game Adventure!

Learn the skills you need to survive and thrive.

The PNW Survival Games is more than just an outdoor adventure; it's a community-driven experience designed to reconnect individuals with nature, instill self-reliance, and promote the preservation of survival skills in the stunning landscapes of the Pacific Northwest. The PNW Survival Games is more than just an outdoor adventure; it's a community-driven experience designed to reconnect individuals with nature, instill self-reliance, and promote the preservation of survival skills in the stunning landscapes of the Pacific Northwest.

Embark on an exhilarating 2-day journey of adventure, education, bushcraft, survival skills, camping, networking, and competition at the 1st ever Pacific Northwest Survival Games! Whether you're a seasoned outdoor enthusiast or a complete beginner, this unique event, taking place from October 7-8, 2023 on the stunning Molalla Ripple property just 30 minutes south of downtown Portland, invites you to embrace your inner adventurer. Get ready to camp and dive into a weekend of hands-on learning and excitement, as each challenge is designed to empower you with essential survival skills. From

mastering archery to igniting flames using ancient techniques, constructing shelters that connect you with nature, and crafting ingenious tools from paracord, every challenge is an opportunity to learn, practice, and thrive in the wilderness.

No prior experience is required – just bring your enthusiasm and an eagerness to learn. Our patient instructors will be there to guide you every step of the way, ensuring that you feel confident and capable throughout the challenges. From cooking up a delicious whole pig to sharing knowledge about foraging wild edibles, this weekend isn't just about pushing your limits; it's about expanding your horizons and realizing your untapped potential.

This exciting competition was inspired by all of our favorite survival shows like Survivor, Alone, Naked And Afraid, Man vs Wild, Survivor Man, and the list goes on. Have you ever thought about being on one of those shows? Do you want to learn the skills needed to survive and thrive? Then this is your chance to learn and compete! Whether you're flying solo or bringing a friend, the PNW Survival Games are an open invitation to join a community of like-minded individuals who are ready to discover, learn, and thrive together! Readers can visit the event listing at <https://pnwsurvivalgames.eventbrite.com> for more information.

AT&T Collaborate to Promote Student Success



Members of AT&T Believes Oregon volunteer team gearing up to help distribute laptops to students and families from Oregon Community Foundation's Black Student Success Network. Photo credit: Oregon Community Foundation

Providing free laptops and other tech sources

AT&T recently partnered with Oregon Community Foundation's Black Student Success Network and the

Portland Timbers/Thorns to provide 200 free laptops and other technology resources for students to learn and work. The event, held at Providence Park, brought out community organizations from across the state to promote digital equity among Oregon youth and their families. It is also part of AT&T's nationwide Connected Learning initiative to bridge the digital divide.

Amir Johnson, Director of External and Legislative Affairs, Oregon, LaNae Johnson, Senior Program Officer, Black Student Success, Dr. Robin Beavers, VP of Community and Social Impact, Portland Timbers and Thorns FC and State Senator Aaron Woods spoke about the importance of digital literacy, education and AT&T's commitment to Connected Learning.

Are you Black or African and fit the following criteria?

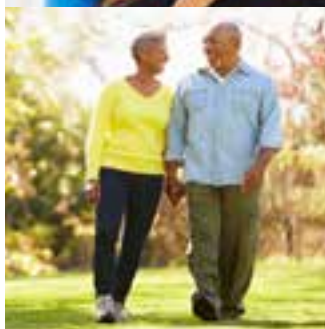
- Age 65 and older / Age 50 to 64 with risk factors for PAD
- Under 50yrs. with Type 2 diabetes AND one risk factor for PAD
- Personal or family history of PAD, heart attack or stroke?

What is PAD? PAD occurs when there is a buildup of plaque, or fatty deposits, inside your arteries that carry blood to your legs and feet

Risk Factors for PAD:

- High blood pressure
- Diabetes
- Smoking
- High blood cholesterol
- Pain in your legs when walking that goes away with rest

Join us for a **FREE SCREENING** for Peripheral Arterial Disease (Leg circulation, Feet exam, Movement and Shoe Evaluation)



Saturday, Sept. 23 / 11 A.M. – 3 P.M.

Northeast Health Center
5329 NE MLK Jr Blvd
Portland, OR 97211

Enjoy food, music and health information while you wait!
Self care is health care

To learn more about PAD and what the Multnomah County Racial and Ethnic Approaches to Community Health (REACH) Program is doing to raise awareness, visit multco.us/reach/PAD

