

5am to 10pm • 7 Days

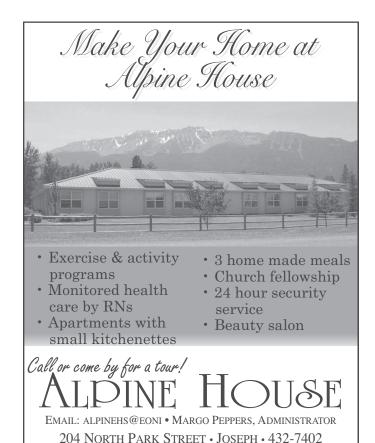
- Cardio Equipment
- Free Weights
- · Women's Circuit

Call for Membership Packages: 541-426-0313



Fitness Center

202 W. Main Street • Enterprise





KNOW THE SIGNS **GET INVOLVED BECOME A VOICE** 

## Victims Impact:

Memory Loss, Difficulty Making Decisions, Difficulty Concentrating, Confusion, Losing Track of Time, Flashbacks, Replaying the Event, Feeling Helpless or Powerless, Grief, Numbness, Fear or Safety Concerns, Guilt, Vulnerability, Nightmares, Suicidal Thoughts, Fatigue, Trouble Sleeping, Eating Problems, Nausea, Diarrhea, Sweating, Rapid Pulse, Chest Pains, Back or Neck Pain, Withdrawal from Faith Community, Alienation from Friends or Family, Changes in Sexual Activity, False or Distorted Views of Others, Crying, Sobbing, Shaking, Denial, Feelings of Guilt or Helplessness, **Abrupt Mood Changes.** 

These Are All Normal Reactions To Trauma

## YOU'RE NOT ALONE.

Reaching out for support is an act of strength

24hr Help/Crisis 541-426-6565

each heart hides its own kind of Some hide it deep in their eyes

While others hide their sadness. behind a deceptively happy

SAFE HARBORS 401 NE 1st , Suite B Enterprise, OR 97828 | 541-426-4004 | 24 hr Crisis Line 541-426-6565 Be the change you wish to see in the world Volunteer Today! Changing today for a better tomorrow.