

WIC visits Health & Wellness Center

Pregnant? Breastfeeding? Does your family include a child under the age of 5?

If so, you may qualify for the Women, Infants and Children program.

With WIC, people can receive answers to nutritional questions and access fruits and vegetables, whole grains, eggs, milk, cheese, juice, cereal and more.

A WIC representative visits the Health & Wellness Center on the first and third Tuesday of the month, which would be April 5 and 19.

Walk-ins are welcome between 8:45 and 11 a.m.

When WIC clients arrive at the Health & Wellness Center, they should enter through the Wellness Department located at the back of the medical wing.

For more information or to schedule an appointment, call 503-623-8175, ext. 2297. ■

Online degree programs

Turn your college credits or associate degree into a more powerful four-year degree from Portland State University. Undergraduate degrees offered: BA/BS in Social Science, BA/BS in Arts & Letters and BA/BS in Liberal Studies. For more information about online degree programs, contact the PSU Salem Center at 503-315-4281. ■

Hofenbredl Realty LLC

322 NE Main St. ~ Willamina, OR 97396

Office 503-876-9004 Cell 503-910-9261

Barb Hofenbredl ~ Chris Hofenbredl ~ Nick Hofenbredl

Real Estate is picking up... Time to list your home!

Contact our office for more info about Native American Lending

Great time to buy while interest rates are still low!!



Susie Shaw

Independent Finance Professional

Is Your "Legacy" in Order?

I can help with Wills, Avoid Probate, Medical Directives, Trusts, Power of Attorney, and Life Insurance.

Call 971-770-4898

For Free Informational Appointment

Paid ad

Paid ad

USDA Distribution

~Siletz~

April 4: 9 a.m. to 3 p.m.

April 5: 9 a.m. to 3 p.m.

April 6: 9 a.m. to 3 p.m.

April 7: 9 a.m. to 3 p.m.

April 8: 9 a.m. to 3 p.m.

~Salem~

April 18: 1:30 to 6:30 p.m.

April 19: 9 a.m. to 6:30 p.m.

April 20: 9 a.m. to 6:30 p.m.

April 21: 9 to 11 a.m.

If you need assistance, call Joyce Retherford at 1-800-922-1399, ext. 1393, or call direct at 541-444-8393 or 541-444-8279.

Are you or
is someone you love
at risk of suicide?

NATIONAL
SUICIDE
PREVENTION

LIFELINE™

1-800-273-TALK

www.suicidepreventionlifeline.org

Get the facts and take
appropriate action.

12 HOURS

after you quit smoking,
carbon monoxide levels
in your blood decrease
to normal.

QUIT SMOKING TODAY.

CALL: 1.800.QUIT.NOW

quitnow.net/oregon

SMOKEFREE
oregon

Oregon
Health
Authority

Paid ad