



HEALTH & WELLNESS NEWS

Massage at Health & Wellness Center

Mind, Body & Soul Therapeutic Massage started at the Health & Wellness Clinic last year.

Remember: Appointments for massage are not managed by the Health & Wellness Center staff. To schedule an appointment, call 971-237-2561. ■

June is Men's Health Month

Awareness Prevention Education Family Support

- Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue.
- In 2000 there were fewer than 80 men for every 100 women by the time they reached age 65-74.
- 1 in 2 men are diagnosed with cancer in their lifetime compared to 1 in 3 women.
- Women are 100% more likely than men to visit the doctor for annual exams and preventive services.

Take 3 Simple Steps

- 1. Eat Healthy.** Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of food to all the vitamins and minerals you need. Add at least 1 fruit and vegetable to every meal.
- 2. Get Moving.** Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy. Most important, choose activities that you enjoy to stay motivated.
- 3. Make Prevention a Priority.** Many health conditions can be prevented or detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

Grand Ronde Health & Wellness Pharmacy

Please be advised for:
Refill Requests

In order to best serve you, please note the following time requirements for your refill requests:
(Valid) Refills remaining – Called in between 8:30 to 11 a.m., anticipated pickup/send out by 5 p.m. Called in after 11 a.m., 12:30 p.m. next day pickup, excluding holidays and weekends.
NO refills remaining – up to 7 days*

*This allows us time to coordinate and correct any needs that may exist for your refill
PLEASE LET US KNOW IF YOU WILL BE OUT BEFORE THIS TIME FRAME ON A MAINTENANCE MEDICATION SO THAT WE CAN BEST ACCOMMODATE YOUR NEEDS.

Thank you for allowing us to serve your prescriptions needs.

Health & Wellness Center hours

The Health & Wellness Center is pleased to add additional access for patients during holiday weeks on Thursday mornings. The clinic will be scheduling patients at 8 a.m. every Thursday preceding or following a holiday closure. Urgent care also will be available during this time.

Community Health's 2nd Annual Game Day!!!

Come Join us for some

FUN & GAMES

Friday June 22nd, 2018

11am-1pm

Registration at the CTGB Housing Basketball Court at 11am

All ages are welcome

Food will be available after you finish all the stations (while supplies last)



Mobile Mammography

Convenience • Privacy • Certified women technologists
State-of-the-art equipment • ACR- & FDA-accredited

The Mobile Mammography unit travels by appointment to businesses, health fairs, senior centers, even private gatherings—wherever there are at least 10 women interested in receiving a mammogram. We will be in your area soon.

Kandee Little @ 503 879-2089

To schedule an appointment please call:

Date: 4/20/18, 6/28/18, and 9/13/18

Location: Grand Ronde Clinic upper parking lot

We accept cash or we may bill your insurance company.