



HEALTH & WELLNESS NEWS

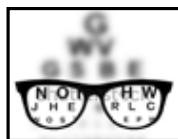
New Faces In Optometry



Dr. Terri Knowles



Sandra Galligher



The Grand Ronde Health and Wellness Center has some new faces in Optometry. Please meet Dr. Terri Knowles, our new Optometrist. Dr. Knowles attended Optometry school at Pacific University and received her doctorate of Optometry with Distinction in 2017. Dr. Knowles enjoys providing optometric care to people of all ages and strives to enhance the vision and general health of all her patients. We also are pleased to introduce Sandra Galligher as our new Optometry Technician. Sandra is a local community member that brings more than seven years of experience in this field, and more than 16 years in customer service experience. They are both very excited to be a part of the Grand Ronde Health & Wellness Center, to help assist and educate the community, as well as Tribal members on vision health care. Please call 503-879-2097 to make an appointment now.



Mobile Mammography

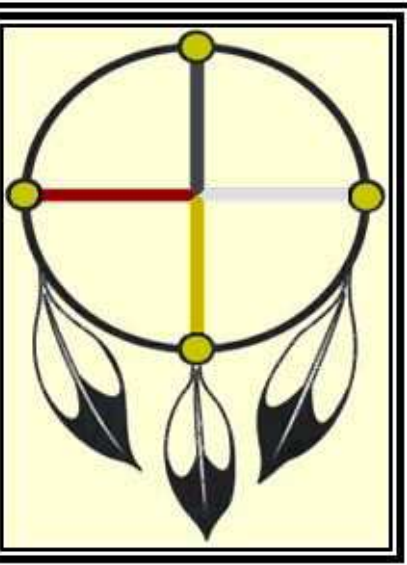
Convenience • Privacy • Certified women technologists State-of-the-art equipment • ACR- & FDA-accredited

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.

To schedule an appointment, please call Kandee Little at 503-879-2089

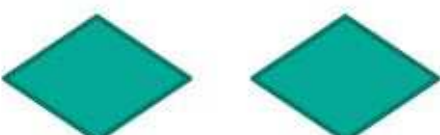
Date: Thursday, March 19, 2020

Location: CTGR Health Clinic upper parking lot



GOOD HEALTH INCLUDES COMPLETE PHYSICAL, EMOTIONAL, SPIRITUAL, AND MENTAL WELLNESS.

- Comprehensive medical examination
- Full service laboratory testing
- Suboxone or Subutex therapy
- Behavioral Health Addiction Services coordination
- Naloxone (Narcan) safety
- All services in a confidential environment



“We offer a holistic approach to recovery, including services that focus on physical, spiritual, and emotional needs.”

- Assessment
- Outpatient treatment services
- Individual counseling
- Group counseling
- Individual therapy
- Relapse prevention
- Assistance with Treatment
- Options for Residential Services
- Coordination of care with medical team



MEDICATION ASSISTED TREATMENT (MAT) SERVICES
9615 GRAND RONDE ROAD
GRAND RONDE, OREGON 97347

Clinic Hours

8am - 5pm Monday, Tuesday, Wednesday, and Friday

930am - 5pm Thursdays

Contact Information

Medication Assisted Treatment Coordinator:
Linda Gehrke, LPN (503)879-2094

Clinical Nurse Manager:
Christa Hosley, RN, BSN (503)879-4616

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GRAND RONDE HEALTH & WELLNESS CENTER