

SEACOAST SEASON 2017

High energy brass and eclectic musical fun



DALLAS BRASS (LEFT) AND BARRAGE 8

The SEAcOast season continues Wednesday, March 29, when Florence fans of brass will get a dose of the Dallas Brass beginning at 7 p.m.

The quintet masters all aspects of the brass repertoire: classical, Dixieland, swing, show tunes and more as they provide a musical travelogue through American instrumental history.

On Wednesday, April 26, at 7 p.m., SEA presents “Barrage 8,” a high-energy dose of modern string instruments and movement.

Their innovative stage performance blends wonderfully with their musical

talent — and strings like you have never heard them before.

On Wednesday, May 24, at 7 p.m., it will be an incomparable night for keyboard fans: dueling pianos when “The Piano Caméléons” will ring out the SEA season on two grand pianos, expertly manned by a pair of virtuoso pianists.

They revisit great classic pieces with interpretations touched by traditional jazz, world beat and other influences.

It will be a spectacle for the eyes, ears and soul.

Tickets can be purchased at the Florence Events Center box office, 715

Quince St., or by phone at 541-997-1994 during regular business hours.

Artist profiles, show times, links to video clips, and more are available at www.SEAcoastEA.org.

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HEALTH AND FITNESS

Annual Community Health Fair returns to Florence

The annual Community Health Fair will be back bigger than ever April 7 through 9.

Admission is free all three days, and each day offers something different. Each day at noon, the first 100 people will receive a free healthy lunch.

Friday’s lunch will be provided by The Bridgewater restaurant. Saturday’s and Sunday’s lunches will be provided by the Florence Seventh-day Adventist Church, whose members teach healthy cooking classes in the area.

On Friday only, April 7, from noon to 5 p.m., attendees can interact with more than 30 exhibiting experts from across the spectrum of healthcare. The early-bird deadline for exhibitor applications is Friday, March 1.

Also on Friday, the public can chose from two classes. From 1 to 5 p.m.,

Western Lane Ambulance District (WLAD) will offer its adult certification class in CPR/First Aid/AED for free to the first 20 people who pre-register by email at lindasveggies@gmail.com.

From 3:30 to 4:30 p.m., there will be a free overview class on mental health first-aid taught by Jonathan Betlinski, M.D., of the Department of Psychiatry at Oregon Health and Science University.

Betlinski trains resident physicians in public psychiatry.

Friday’s session will present an overview of what to look for and how to respond in a mental health emergency. Friday’s overview prepares participants for the following workshops that take place from 1 to 5 p.m. on Saturday and Sunday.

Workshop topics will include first aid

for mental health, depression, substance abuse, anxiety and psychosis.

Those who complete Saturday’s and Sunday’s sessions will receive nationally-recognized certification in mental health first aid.

There is a \$20 fee to cover books and materials.

Pre-registration is recommended by emailing lindasveggies@gmail.com.

On Saturday only, April 8, attendees can choose from a variety of helpful seminars by experts from different areas of healthcare starting every half hour from 1 to 5 p.m.

Sunday will be the annual 5K fun walk & Run and a day of activities for kids from 1 to 5 p.m. There will be a giant obstacle course for older kids and a bounce house for the younger ones, along with other games, prizes and

exhibits that include tips for living to age 100.

The pre-registration deadline for the 5K to ensure a participant receives a T-shirt prior to the run is Monday, March 20.

Pre-registration by email at lindasveggies@gmail.com is recommended. On-site registration for the 5K begins at 8 a.m. the day of the event.

A limited number of T-shirts will be available the day of the run. The 5K starts at 9 a.m. Entry fees help benefit SAPPSSA, the Siuslaw Area Partnership to Prevent Substance Abuse.

Fee is \$20 including T-shirt, or \$10 without a commemorative T-shirt.

The annual Community Health Fair is presented by the Florence Seventh-day Adventist Church and underwritten by the Korando Dental Group.

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