

WALK TO WELLNESS

Residents of North Portland have access to many great resources for health and nutrition.

Check out these great programs, classes and information sources.

Wellness Training Programs

KAISER PERMANENTE



KAISER PERMANENTE®

Kaiser Permanente Health Education Services offers a variety of resources that can help you learn new skills and practice healthier behaviors. For more information about each of the following, pick up a Health Education Services catalog any Kaiser Permanente facility.

- **Classes** address nutrition and fitness, depression, tobacco cessation, anger management, diabetes, childbirth, pain, and more.
- **Health Resource Centers (HRCs)** provide health and wellness information for Kaiser Permanente members and nonmembers. You can select handouts, borrow materials, purchase items, and access the Internet and CD-ROM databases. The centers are open Monday through Friday from 9 a.m. to 6 p.m.
- **Products** available for sale at the HRCs include pedometers—and the Cultivating Health™ series of self-help kits, which address weight management, tobacco cessation, and everyday fitness. New kits on diabetes and stress management are planned for 2004.
- **kaiserpermanente.org** provides physician-approved information 24 hours a day. You can search the health and drug encyclopedias, investigate a featured-health topic, or get information about classes. A link to the Members Only section allows you to email an advice nurse or pharmacist, refill prescriptions, and more.



AFRICAN AMERICAN HEALTH COALITION, INC.

“Lookin’ Tight Livin’ Right”

Lookin’ Tight Livin’ Right is a project designed to train beauty and barber shop operators as health educators to help their clients learn more about cardiovascular disease (CVD) and how to make healthy lifestyle changes.

HOLLA!

Healthy Options for Living Longer Actively (HOLLA) is a peer education project for high school students training them to become Community Youth Health Advocates. They learn how to deliver CVD prevention messages to their peers and extended family members

Prevention Within REACH (PWR)

The main goal of this intervention is to increase the utilization rate of preventive screenings among African Americans for CVD. Regularly scheduled targeted mailings to 3,334 local African Americans provide information on the topics of CVD, diabetes, tobacco use, health disparities in general, and how to access preventive services.

Wellness Within REACH: Mind, Body and Soul

This program offers the African American community in N/NE Portland various venues to access health promoting physical activities and nutrition education classes. Wellness within REACH is an outlet for community members to participate in a variety of free exercise classes and to learn about nutrition.

Please contact the African American Health Coalition for more information, to volunteer or to sign up for exercise classes.
503-413-1850. www.aahc-portland.org

SANKOFAA HEALTH INSTITUTE

Remember Your Health “Go Back and Fetch It”

Sankofaa Health Institute is a not for profit group whose focus is on providing quality health services to multicultural populations with little or no access to care. They have physical/medical and mental health services as well as nutrition classes and faith based programs.

Volunteers and donations are always welcome.

6707 NE MLK Blvd

503-285-2484

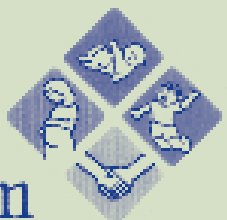
website: www.sankofaa.org

WIC

WIC, the Special Supplemental Nutrition Program for **Women, Infants and Children**, is a public health nutrition program designed to improve health outcomes for mothers and their children through nutrition education, supplemental foods, breastfeeding education and support, and referral to other programs.

WIC serves pregnant women, breastfeeding women with children under 12 months of age, non-breastfeeding women with children under 6 months of age, and infants and children under 5 years of age. To find out if you or someone you know may qualify for WIC in Multnomah County, please call 503-988-3503. For more information about WIC in other locations in Oregon, call 1-800-SAFENET.

oregon
WIC
program



AMERICAN DIABETES ASSOCIATION

Now is your chance to get fit and feel good with the Wellness Training Program. Eight weeks of training for a whole new you! Are you at risk for diabetes? Are you looking to get active and have fun? Join the Wellness Training Program. This eight week course is designed to help you get active and stay in shape. Each week will highlight a new area of healthy living, such as eating right, designing your workout plan, and staying on target when obstacles are thrown in your way. Each workshop will include a discussion group, a goal check-in, and a team walk. Those who reach and exceed their goal will win fantastic prizes. So join us as we work together to fight the fat and reduce the risk at the Wellness Training Program.

Where is the program?

Weekly workshops are offered at locations all over Portland and Vancouver. Call for updated information.

Who is in the program?

Anyone interested in getting in shape, eating right, and having fun.

When do I start?

This eight week workshop is on a rotating schedule, please call for the next class.

What is the fee?

Your \$50 registration fee includes:

- Wellness Training Journal
- Team Training T-shirt
- Cookbook
- Small Steps Big Rewards Handbook
- Pedometer

In addition:

Win great prizes, meet great people. Have fun and get in shape.

What do I wear?

Wear something you are comfortable in, something you can move in, including a good pair of walking shoes.

Contact Information:

503-736-2770, www.diabetes.org



Cure • Care • Commitment®

Wellness Training Programs

NUTRITION CLASSES



NEW SEASONS MARKET (Concordia)

Open 8am - 10 pm daily
5320 NE 33rd Ave., Portland, OR 97211
Phone: 503-288-3838
Website: www.newseasonsmarket.com

Free Nutrition and Wellness Counseling

We offer complimentary consultations with our store nutritionists. They're here to share their extensive knowledge about health, wellness and dietary needs. You can meet with them to discuss special diets, food allergies, healthy weight control and more. Call your nearest New Seasons Market to schedule an appointment.

Free Nutrition Basics Classes and Store Tours

We offer a variety of nutrition classes and store tours throughout the year. Learn about trans-fats, healthy weight control, eating sustainably and more. Tour the store to find gluten-free foods, healthy snacks, and alternatives to dairy.

For a complete class and tour schedule, visit our website at www.newseasonsmarket.com. We will gladly schedule custom tours or classes for groups of any size. Please call with your request.

Nutritionist for the Concordia Store:

Julia Lapp, MS., RD, 503-292-1987 ext 315



WILD OATS NATURAL MARKETPLACE (Fremont Store)

Open 7am - 11pm daily
3535 NE 15th Ave, Portland OR 97212 Phone: 503-388-3414
Wellness Center: 503-281-3262
The Spa at Wild Oats: 503-281-3173
Wellness Center email: frowellness@wildoats.com
www.wildoats.com

Wild Oats **Wellness Center** is a center for well-being inside and out. We offer free lectures, support groups, workshops and ongoing classes including meditation, Callanetics, Pilates, Yoga and body conditioning.

Our **Spa and Salon** is a hidden retreat upstairs for body, mind and spirit. Services include facials, massage, and nail and hair services that take you away from stress and leave you feeling pampered.

Our **Cooking School**, led by Chef Tina Brusha, has classes ranging from the summer harvest to Mardi Gras to Indonesian foods.

Naturopathic Consultations. Wild Oats Fremont has a Naturopath on staff to answer your questions on natural remedies, nutrition, food allergies and naturopathic therapies.

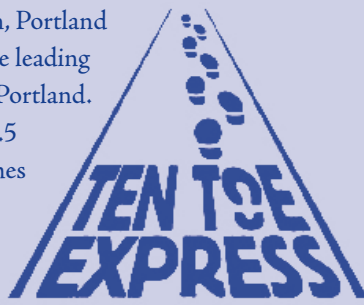
Health focused store tours for preschool to middle school children. Tasty samples and nutrition information are included in this informative field trip for kids. To set up your tour today, call **Field Trip Factory, 1-800-987-6409**.

Walks for Fun & Fitness

TEN TOE WALKS

As part of the Ten Toe Express Walking Campaign, Portland Transportation Options staff and volunteers will be leading 2-4 walks per month in 8 different areas of North Portland. They include both short (2.5 mile) and long (3.5-5.5 mile) walks. Look for the schedule and meeting times in your Kit or contact us for a flyer.

Email us: TenToe@pdxtrans.org
Phone: 503-865-TOES



COLUMBIA RIVER VOLKSSPORT CLUB

A Walking Club—at your own pace and open to all!

CRVC is a non-profit organization based in Portland, Oregon who organize quality non-competitive walking events in scenic and historic areas and enjoy the social aspects of walking.



CRVC organizes walking, biking, swimming or cross-country events designed to appeal to people of all ages. They are not contests. Participants go at their own pace. Everyone who completes volkssport is a winner.

Joe Kelly, 503-692-5909
1-800-830-WALK

PORTLAND WALKING TOURS

You walk in Portland everyday, but the real history is hidden and often passed by.

Portland Walking Tours is a company that offers regularly scheduled guided walking tours twice-daily every Friday, Saturday, and Sunday at 10:30 a.m. and 3:00 p.m. Their fun and enlightening guided walking tours explore the history, architecture, bridges, parks, fountains, artwork, and unique places in Portland. You're guaranteed to find out things you never knew about Portland from a friendly and knowledgeable tour guide.

These walking tours start at the Visitor Center at Pioneer Courthouse Square (SW 6th & Morrison). Prices for Adults are \$15 with one child (under 12) free with each paying Adult. Seniors and Youth pay \$12. They offer discounts to AAA Members and groups. Tickets can be purchased in advance at the web site or at the Portland Center for Performing Arts (PCPA) box office.

Advanced ticketing is not required, but is strongly recommended.

More information is available from 503-774-4522 and at the company web site of www.portlandwalkingtours.com.

Community Centers & Pools

Peninsula Park Community Center

700 N Portland Blvd.
503-823-3620

Peninsula Park Community Center has something for everyone. There are fields for softball, football, and soccer. They also have a basketball court and two tennis courts that are lighted for evening use. In addition to a playground and horseshoe pit, there are picnic facilities.

For those who enjoy water activities, there is a swimming pool as well as a wading pool.

St. Johns Park and Community Center

8427 N Central
503-823-3192

St. Johns Park and Community Center has a softball and soccer field, a playground, wading pool, and picnic tables.

University Park and Community Center

9009 N Foss
503-823-3631

University Park and Community Center has a softball field, playground, and picnic tables.

Dishman Community Center and Swim Pool

77 NE Knott
503-823-3186

In NE Portland, Dishman Community Center and Swim Pool offers indoor recreational activities. In addition to the swimming pool, Dishman has a basketball court, work-out gym, and a boxing gym.

For information on Portland Parks and Recreation programs and services, call 503-823-PLAY, or visit their website at www.PortlandParks.org.