

Health Education



at Legacy Health
Winter 2010

Call 503-335-3500 to register.
www.legacyhealth.org





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HOW TO REGISTER

Legacy Health sponsors dozens of classes designed to help you and those you love live healthy lives. Many classes are offered free of charge as a community service.

Unless noted otherwise in the class description, call 503-335-3500 (TDD/TTY: 711) Monday through Friday, 8 a.m. to 5 p.m., to register for any class.

Preregistration is required for most classes.

If you have a disability or special need, please let us know when you register.

Legacy employees and volunteers are eligible for a 20 percent discount on some classes. Please call 503-335-3500 or 360-487-3500 for additional information.

This catalog is published three times a year. To receive additional copies, please call 503-335-3500.

In the event of **adverse weather**, classes may be canceled. Click Inclement Weather Information on our website or call 503-413-3500 (Oregon classes) or 360-487-1006 (Washington classes) or visit www.pdxinfo.net to confirm if your class is being held as scheduled.

CANCELLATIONS AND REFUNDS

We strive to provide you with both comprehensive and quality educational programs and your attendance is important. Due to high volumes and demand for the classes we offer, our refund policy is as follows:

For all prenatal classes and health screenings, refund requests must be made at least 10 business days in advance of the start date. For all other Legacy classes, refund requests must be made at least four business days in advance of the start date.

Regrettably, no refund can be offered for any cancellation with less



Legacy Wellness Screenings

Early detection is key to preventing or treating disease. Legacy offers an extensive heart and stroke screening package aimed at helping you stay healthy. Screening includes:

- Carotid ultrasound
- Abdominal aortic ultrasound
- Peripheral artery disease assessment
- Complete cholesterol and glucose levels
- Blood pressure
- Body fat analysis
- Bone density/osteoporosis screening
- One-on-one consultation with Legacy cardiac nurse
- Educational materials

Cost: \$175

Available monthly at Legacy Good Samaritan, Salmon Creek and Meridian Park.

www.legacyhealth.org/wellness

Upcoming Dates at Legacy Good Samaritan

Saturdays, January 23 or March 13
Wednesdays, February 24 or April 14

Upcoming Dates at Legacy Meridian Park:

Saturdays, January 30, February 27 or April 24

To make an appointment, or for more information on dates, times or locations, please call 503-335-3500. Preregistration is required with Visa or MasterCard.

This is a community-based screening, and Legacy Community Health Education does not bill insurance or file insurance claims as a part of this screening program.

Legacy's system of services is available as you follow up on screening results and desire medical information and treatment.

notice. Any paid event canceled by Legacy will be either fully refunded or rescheduled.

WE'RE ON THE WEB

The classes in this catalog are on our website at www.legacyhealth.org/calendar. Maps and driving directions to Legacy facilities are at www.legacyhealth.org/maps.

PHYSICIAN REFERRAL

Looking for a physician? You can search on-line at www.legacyhealth.org/findadoctor or call Legacy Referral Service at 503-335-3500 or 360-487-3500 from Washington.





CANCER

Adaptive Gardening Workshop for Individuals with Cancer

Meet with gardeners to learn and share: adaptive gardening strategies, garden tasks for the season and coping with stress. Free.

Good Samaritan: Mondays, January 11, February 15, March 15, April 5, 6–7:30 p.m. 503-413-6507 to register.

Colorectal Cancer

Colorectal cancer is preventable, beatable, treatable! Join Legacy specialists to hear more about prevention, screening tests and the latest treatment options. This is an opportunity to receive practical advice and answers to your questions. Free.

Good Samaritan: Thursday, March 4, 6:30–8 p.m. with surgeon Mark Whiteford, M.D. and oncologist Anthony Van Ho, M.D.

Meridian Park: Tuesday, March 9, 6:30–8 p.m. with gastroenterologist Michael Chang, M.D.

Cancer Survivorship

After active cancer treatment is complete, many patients have questions and concerns about symptoms, daily life, work, relationships, and preventing recurrence. We will discuss ways to enhance health and well being through simple changes in lifestyle and present suggestions for a fuller, more healthful life. Free.

Classes begin January 19. Please call 503-413-6550.

Expressions of Healing

A creative process for adults navigating through the challenges of a

cancer diagnosis. Participants will use visual arts and gentle body movement to explore their thoughts, feelings and perceptions of this compelling life experience. Free.

Good Samaritan: Saturdays: Begins January 23. Preregistration and medical clearance required: 503-413-8404.



Nutrition and Cancer

Understand the connection between what we eat and our risk for cancer. Take home practical tips to help reinforce or create a healthy lifestyle. Presented by Marci Reed, dietitian with Legacy Good Samaritan Cancer

Healing Center. Free.

Call 503-413-6679 for dates.

KIDZ-Kids in the Discovery Zone

KIDZ is a creative process for children 5-12 who have a parent or other adult family member with cancer. Participants choose from a variety of creative materials to help communicate thoughts and feelings. Free.

Good Samaritan: Third Tuesday of every month, 4:30–5:30 p.m. Call Wendy Garrean, M.A., expressive arts therapist at 503-413-8404.

Meditation for Cancer Patients, Their Family and Caregivers

Explore and apply time-honored methods from the world's great spiritual traditions to enhance our inner resources of strength, stability and serenity. Meditation can also improve immune function and improve painful conditions. Free.

Good Samaritan: Classes begin January 7. Please call 503-413-6550 to register.



Nia Exercise

An ongoing exercise program at Good Samaritan for adult cancer patients, integrating body, mind and spirit. Preregistration and medical clearance required. Fridays, 10–11 a.m. Call 503-413-7284 for more information.

T'ai Chi for Healing

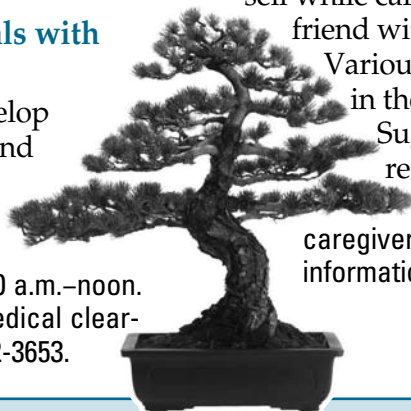
For individuals who have had a cancer diagnosis and for their families. A series of gentle movements designed to increase musculoskeletal balance, flexibility and strength as it brings peace of mind and mental alertness and decreases stress levels. Free.

Good Samaritan: Fridays, January 8–March 26, 4–5 p.m. Preregistration and medical clearance required: 503-413-8404.

Yoga for Individuals with Cancer

A gentle way to develop strength, flexibility and relaxation. Free.

Good Samaritan: Tuesdays, 4:30–6 p.m., and Fridays, 10:30 a.m.–noon. Preregistration and medical clearance required: 503-292-3653.



CAREGIVING

Caregiver Support Group

Good Samaritan: First Thursday monthly, 3–4:30 p.m. Call 503-413-7655.

Legacy Caregiver Services Caregiver Training

A two- and a half-day course required for those seeking inclusion on the Legacy Caregiver Listing, a registry for in-home care providers. \$100.

Good Samaritan: Monday, Wednesday & Thursday, February 1, 3 & 4, or April 5, 7 & 8, 9 a.m.–4:30 p.m. (9 a.m.–1 p.m. on Thursday). Call 503-413-7706 to request an application form.

Powerful Tools for Caregivers

This six-week program for caregivers focuses on taking care of yourself while caring for a relative or friend with a chronic condition.

Various times and locations in the Portland metro area. Suggested fee of \$25 (not required).

Contact 503-413-8018 or caregiver@lhs.org for more information.

Legacy Diabetes & Nutrition Services

A full range of diabetes self-management programs are available at each medical center. Small group and individual sessions also available. The programs are recognized by the American Diabetes Association for Quality Patient Education. Call for information.

Good Samaritan Diabetes Education Program, 503-413-7227

Emanuel Diabetes Education Program, 503-413-2750

Emanuel Children's Diabetes Center, 503-413-1600

Meridian Park Diabetes Education Program, 503-692-7791

Mount Hood Diabetes Education Program, 503-674-1254 (Diabetes), 503-674-1218 (Nutrition)

Salmon Creek Diabetes Education Program, 360-487-2727

Legacy Clinic St. Helens Diabetes Services Education Program, 503-366-4015

Legacy Clinic Woodburn Diabetes Services Education Program, 503-981-9526



Parent Education Weekend Seminars

The weekend parent education information is presented in a condensed format and offered auditorium style. Space is limited to 60 people. Class fees include registration for the expectant mother, her support person, all class materials and \$5 lunch coupon.

Baby Care and Breastfeeding Weekend Seminar

This seminar combines the information taught in our Basics

of Baby Care and Learning to Breastfeed classes. Class is held on Saturday. \$75.

Childbirth Weekend Seminar

This seminar is a condensed version of our six-week Childbirth Preparation series. Class is Friday evening and all day Saturday. Limited time available to practice breathing techniques and comfort measures. \$85.

Preregistration is required. Call 503-415-5498 (OR) or 360-487-5498 (WA) for class times and locations www.legacyhealth.org/prenataled

Understanding Hospice Services

End of life challenges can quickly overwhelm, leaving us unsure of how best to access assistance and how best to cope. Join Susan Hodnot, LCSW, with Legacy Hospice for information and discussion about hospice services, philosophy and care. Enjoy an opportunity to have your questions, concerns and curiosities addressed in a relaxed and informal dialogue. Free.

Meridian Park: Wednesday, March 10, 6–8 p.m. Please call 503-225-6265 to register.

DIABETES

Managing Diabetes: Top Ten List for Living Well

Find out what's on our list for living well and staying healthy as Leonard Mankin, M.D., Legacy Medical Group – Good Samaritan, and a Legacy Diabetes & Nutrition Services certified diabetes educator share recommendations and strategies that will have the greatest impact on your overall health. Free.

Good Samaritan: Thursday, March 4, 6–7 p.m.

FAMILY LIFE AND PARENTING

Raising Our Daughters

Discussion will include media messages, stress, self-image, friendship struggles, seven tips for success, resources and effective communication which can bring about mutual understanding and respect while fostering your daughter's uniqueness. Kathy Masarie, M.D., author of Raising our Daughters/Sons, \$5.

Meridian Park: Wednesday, January 27, 7–9 p.m.

Owner's Manual for Raising Teens

This presentation will help parents understand what is normal for teens and when to seek help. Discussion includes how to help teens avoid risky behaviors and help families recover. \$5.

Meridian Park: Thursday, February 4, 7–8:30 p.m.



Pregnancy and Childbirth Classes

Legacy Prenatal Education offers a full range of pregnancy and childbirth classes at a variety of times and locations. Class fee includes registration for the expectant mother, her support person and all class materials.

Childbirth Preparation – a four- or six-week series, evening and weekend classes available (\$65)

Childbirth Refresher Course (\$40)

Childbirth Comprehensive Package – a 10-week series including three popular courses: Childbirth Preparation, Baby Care Essentials and Breastfeeding (\$135)

Caesarean Birth (\$15)

Baby Care Essentials (\$35)

Breastfeeding – two-week series (\$35)

Breastfeeding and Working (\$15)

Baby and Me Discussion Group (\$10 for four sessions)

Preregistration is required for all classes. See www.legacyhealth.org/prenataled or call 503-415-5498 for class availability

Family Communication in Difficult Situations: Collaborative Problem Solving (CPS)

Class and support group for parents and caregivers of children/teens with behavioral challenges.

Emanuel: Monday evenings, ongoing, 6–7:30 p.m. Registration is NOT required. Please call 503-413-4844 for more information.

Teen Depression

About 5% of all children and adolescents suffer from depression, which affects families, school and social functioning. Ken Ensroth, M.D., child psychiatrist and medical director of Child and Adolescent Psychiatry, will be discuss symptoms, triggers and treatment and collaborative problem solving—family communication strategies. Free.

Emanuel: Thursday, February 11, 7–9 p.m.

GRIEF SUPPORT

Bereavement Groups

An ongoing support and education group for individuals who have had a recent death in the family. Facilitated by grief professionals

and sponsored by Legacy Hospice Services. Free.

Good Samaritan: First and third Tuesday of every month, 6–7:30 p.m.

Call 503-220-1000 to register.

McMinnville Senior Center: Mondays, 3–4:30 p.m. Call 503-472-9685 or 1-800-361-8506 for schedule and to register.

Divorce Support Group

This group is designed for people who are thinking about divorce, newly divorced or working on issues of divorce and the special considerations related to the termination of a

Emergency Consent Form

If your child needs emergency treatment, care may be delayed if you are not available to give formal consent. Leave a completed Emergency Consent Form with your babysitter or temporary guardian. If necessary, the form can go with your child to the hospital so medical treatment can be given. Free.

Call 503-335-3500 to request a form, or download from www.legacyhealth.org/documents/forms/consent.pdf.



Mental Health Treatment

Services provided by CareMark Behavioral Health Services include crisis assessment, intervention, adult and adolescent inpatient psychiatric services and specialty programs for children and adolescents. Call CareMark Access at 503-413-4848 for information and referrals.

marriage or long-term partnership. \$10.

Meridian Park: Wednesdays, January 6–February 24, 2:45–4:15 p.m.

To register, please call 503-692-2688.

Grief Recovery Class

Eight-week class designed for those who have had a loss three months ago or longer. Small groups share experiences and learn skills to survive the feelings of grief following death. \$10.

Meridian Park: Mondays, January 4–February 22, 1–2:30 p.m., or March 1–April 19, 1–2:30 p.m. or 7–8:30 p.m.

Call 503-692-2688 to register.

Men’s Breakfast Social

An ongoing opportunity for gentlemen who have lost a loved one to share coffee and breakfast together.

McMinnville: Fridays, 8–9 a.m. Please call 503-472-9685 or 1-800-361-8506 for location and registration.

Me Too & Company: Support for Grieving Children

Eight-week grief support groups for children, teens and their caregivers to help them cope with the death of a loved one. Free.

Call 503-220-1000 for dates and times.

Ongoing Bereavement Support Group

This eight-week group is for people who have already been through the eight-week Grief Recovery Class at Meridian Park (or a group at another location) and are looking for some additional support. \$10.

Meridian Park: Wednesdays, January 6–February 24, 1–2:30 p.m.

To register, please call 503-692-2688.

Pathways to Healing Grief Support Group

This nine-week group uses writing, projects and sharing to help the bereaved process their loss. Free.

Legacy Hospice–Portland: Wednesdays, 11–12:30 p.m. 503-220-1000

Hopewell House Hospice Center, Portland: Thursdays, 6:30–8 p.m. Call 503-220-1000.

Legacy Hospice–McMinnville: Wednesdays, 11–12:30 p.m. Call 503-472-9685 or 1-800-361-8506.

Recent Bereavement Forum

A one-hour group for those who have had a loss from two to 10 weeks ago. Learn the stages of bereavement and what to expect. Free.

Meridian Park: Mondays, January 18, February 15, or March 15, 5–6 p.m.

Call 503-692-2688 to register.

Understanding Grief: What to Expect and How to Cope

One-time session teaches participants about the grief process, styles of grieving and which coping strategies can best support them. Free.

Legacy Hospice–Portland: Second Tuesday/every month, noon–2 p.m.

Call 503-220-1000 to register.

Legacy Hospice–McMinnville: Fourth Wednesday/every month, 2–3:30 p.m. Call 503-472-9685 or 1-800-361-8506 to register.



HEART AND VASCULAR HEALTH

What is Deep Vein Thrombosis (DVT)?

When injury or inactivity cause circulation to slow, blood may accumulate and a clot may form, causing a life-threatening pulmonary embolism. Nearly all DVT related deaths are preventable. Get an assessment, and learn about your risk factors and symptoms associated with DVT. Free.

Emanuel: Monday, March 15. Please call for time.

Defibrillator Education and Support Session

Meet fellow ICD patients, exchange information and have your questions answered by specialists from Legacy Heart Rhythm Services. Free.

Good Samaritan: Saturday, March 13, 9–10:30 a.m. Call 503-413-7733 to RSVP.

Healthy Heart Education Lecture Series

Pick your session of interest or attend the entire lecture series. Open to heart patients, families and those at risk. Free.

OLDER ADULT EDUCATION

These classes for adults ages 50+ are sponsored by OASIS. Registration is required by calling 503-241-3059.

ABCs & D of Medicare:

Join a Medicare expert from Regence BlueCross BlueShield for guidance through the confusing maze of Medicare product choices. Free.

Good Samaritan: Tuesday, February 9, 1–2:30 p.m., or April 6, 5–6:30 p.m.

Meridian Park: Wednesday, January 20, 1–2:30 p.m.

Mount Hood: Tuesday, March 9, 1–2:30 p.m.

Emanuel: Tuesday, January 5, 1–2:30 p.m.

Memory Dynamics

Explore new techniques to boost your confidence and improve your ability to remember. Discover OASIS Education Center's national curriculum to learn the basics about memory. Free.

Mount Hood: Wednesdays, March 24–31, 10 a.m.–noon.

OASIS Annual Memory Lecture

Join us for this OASIS annual event

where you'll learn the most up-to-date information on the effects of aging on our memory, what's normal and what's not and tips for how to maintain your mental sharpness, whether you're a baby-boomer or beyond.

Good Samaritan: Saturday, April 24, 9:30–11:30 a.m.

The Aging Eye

Meet glaucoma specialist Emily Jones, M.D., with Legacy Good Samaritan Devers Eye Institute, who will discuss the most common eye diseases related to age. Learn about glaucoma, macular degeneration, cataracts, and why our vision changes. Find out the latest medical procedures and how they can help to improve your vision. Also, stop by the Good Samaritan hospital lobby for a free glaucoma screening from 10 a.m.–2 p.m.

Good Samaritan: Friday, January 29, 10–11 a.m.



discover more



Preregistration is required

Good Samaritan: Weekly on Wednesday mornings. January 6: Mindfulness-Based Stress Reduction. January 13: Eat More to Weigh Less. January 20: Yoga and Your Heart. January 27: Age-Defying Fitness: Preserve Your Sense of Balance. February 3: Good Carbs: The Secret to a Heart Healthy Diet. February 10: The Super Drug. February 17: Cardiac Medications: What Do You Need to Know? Call 503-413-6723 to register.

Know Your Numbers

A personalized measurement and analysis of blood pressure, cholesterol levels (total, HDL, LDL, triglycerides), glucose and body fat. Stroke risk interview at Meridian Park location only; please request when scheduling your appointment. \$30.

Good Samaritan: Thursdays, January 28, February 25 or March 25. Appointments scheduled between 7–10 a.m.

Meridian Park: Third Thursday of every month, 7–9:30 a.m.

Love Your Heart: Know Your Risks!

Legacy Good Samaritan Cardiac Wellness Program invites you to join cardiologist Shawn Patrick, M.D., and registered dietitian Laura Joyce, R.D., M.S., for an informative afternoon focusing on heart health. Find

out what puts you at risk for heart disease and what action you can take to reduce your risk, including practical nutrition advice and tips for making heart-healthy choices. Learn about “metabolic syndrome” and how this impacts your risk for heart disease. A free screening will follow lecture. This includes blood pressure, waist-hip circumference, and by appointment, diabetes A1C test or cholesterol test, including a personal consultation with a cardiac nurse to discuss results. Screening appointments are limited. Please request a screening appointment when registering for lecture. Free.

Good Samaritan: Tuesday, February 16, Lecture 2–3:15 p.m. Screening 3:15–4:30 p.m.

Mindfulness-Based Stress Reduction (MBSR)

Reduce your risk for heart disease with mindfulness meditation. Learn effective methods for long-term stress reduction to help improve risk factors for heart disease, including high blood pressure, high cholesterol, smoking, over-eating and physical inactivity. Free.

Good Samaritan: Wednesday, January 6, 10–11 a.m. Call 503-413-6723 to register.

Sex and Heart Health

Gender matters. Heart disease is the number one killer of men and women. However, the signs of a heart attack are often different and may be missed in women. Join cardiologist, Dr. Miguel Gomez, and emergency department physician, Dr. David Wenger, to learn the signs and symptoms of a heart attack, how they differ in men and women, the appropriate response actions and tips for prevention. Free.

Meridian Park: Tuesday, February 23, 6:30–8:30 p.m.

American Red Cross Classes at Legacy Hospitals*

Babysitter’s Training

CPR – Adult

CPR – Infant/Child

Standard First Aid with Adult CPR

Standard First Aid with Infant/Child CPR

When I’m in Charge

Please call the American Red Cross at 503-280-1440 for more information and to register.

**Not all of the above listed classes are available at each hospital site.*

10 Call 503-335-3500 to register



VISION/EYE HEALTH

The Aging Eye

Glaucoma specialist Emily Jones, M.D., with Legacy Good Samaritan Devers Eye Institute, discusses age-related eye diseases. See page 9 for registration and more information. Free.

Good Samaritan: Friday, January 29, 10–11 a.m.

Free Glaucoma Screenings

Vision loss from glaucoma is permanent and irreversible. High-risk groups include African-Americans, Hispanics/Latinos and Asians; people with diabetes; and those over 60 years of age.

Take advantage of this free visual field screening as part of Glaucoma Awareness Month. The screening is painless and takes only a few minutes. Offered as a community service by Legacy Good Samaritan Devers Eye Institute. Free.

Meridian Park: Friday, January 15

Salmon Creek: Wednesday, January 20

Emanuel: Friday, January 22

Mount Hood: Wednesday, January 27

Good Samaritan: Friday, January 29

All screenings are held from 10 a.m.–2 p.m.

To sign up, please call 503-335-3500 (OR) or 360-487-3500 (WA).

Vascular Screenings

Legacy Columbia Vascular & Endovascular Specialists offer non-invasive screenings to detect vascular disease in those ages 50 or older. Screening will evaluate for abdominal aortic aneurysm, carotid artery disease and peripheral artery disease. \$100 for all three screenings. Emanuel: Offered monthly. For more information and to schedule, please call 503-413-3580.

INSURANCE HELP

Legal-Financial Planning for Midlife and Beyond

Learn how to legally strategize to prepare for important health-care decision making, preserve independence and plan for the distribution of estates to loved ones and charities. Free.

Good Samaritan: Tuesday, January 12 or February 9, 6–8 p.m.

Mount Hood: Tuesday, March 9, 6–8 p.m.

Meridian Park: Tuesday, April 13, 6–8 p.m.

ORTHOPEDICS/SPORTS MEDICINE

Neck and Back Pain

Four out of five adults will experience back pain at some point in their lives; are you among them? Come meet Frank Soldevilla, M.D., board-certified in neurosurgery, and learn about treatment options for neck and back pain. Free.

Meridian Park: Thursday, February 18, 6:30–8 p.m.

Orthopedic Ailments of the Aging Foot

Painful and uncomfortable feet are not a natural part of growing old or something to “put up with.” Come meet Jeff Feinblatt, M.D., an orthopedic surgeon who specializes in the care of the foot and ankle, to learn more about treatment options to improve comfort, relieve pain and maintain mobility. Free.

Meridian Park: Thursday, January 21, 6:30–8 p.m.



The Safety Store at the Children’s Hospital at Emanuel

Most parents and caregivers are amazed to discover how much they didn’t know about child safety risks and how much more they can do to protect their children! The Safety Store, one of our nationally recognized injury prevention programs, is staffed by trained safety specialists. They are on a mission to boost every parent and caregiver’s Child Safety IQ by providing one-on-one safety education and classes. A wide variety of safety products are available at below retail cost.

Open to the public Monday through Thursday 9 a.m.–noon. Call to inquire about classes 503-413-4600.

Painful Throwing Shoulder

The majority of shoulder pain can be prevented and treated by specific stretching and conditioning programs. However, certain injuries will require surgical interventions for a cure. Join David Huberty, M.D., and learn more about the treatment options for the throwing and serving shoulder. Free.

Meridian Park: Wednesday, March 17, 6:30–8 p.m.

SAFETY/INJURY PREVENTION/FIRST AID

AARP Driver Safety

A refresher course on driving for people of all ages. A valid driver’s license is required. \$12 for AARP members or \$14 for non-members (no cash).

Emanuel: Saturdays, January 9 & 16 or March 13 & 20; 9 a.m.–1 p.m.

Meridian Park: Wednesdays & Thursdays, January 13 & January 14,

February 10 & February 11 or March 10 & March 11; 9 a.m.–1 p.m.

Mount Hood: Saturdays, February 13 & 20, 9 a.m. – 1 p.m., Thursdays & Friday, January 28 & 29, February 25 & 26 or March 25 & 26, 9 a.m. – 1 p.m.

Car Safety Seat Clinic

Certified Child Passenger Safety Technicians will check seat and educate you on: installing and securing a seat properly and when it is time to switch to the next appropriate seat. Plan 30 minutes each check. Safety seat recycling available. Free.

Emanuel: Thursdays by appointment only: 503-413-4005 for appointment.

CPR–Initial Course for Health Care Providers*

Learn CPR for all ages including ventilation with devices, use of an AED and relief of foreign-body airway obstructions. American Heart Association. \$60.

Meridian Park: Wednesdays, January 13, February 10 or March 10, 6–10 p.m.

Emanuel: Saturdays, January 15, February 19 or March 19, 8 a.m.–2 p.m.*

Heartsavers CPR/AED*

Learn adult, child and infant CPR, AED operations, relief of airway obstruction and how to recognize medical emergencies. Meets OSHA requirement for workplace CPR certification. American Heart Association. \$45 (includes book) .

Meridian Park: Saturdays, January 9, February 6 or March 13, 9 a.m.–1 p.m.

**The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association and any fees charged for such a course do not represent income to the Association.*



SLEEP

Insomnia

Many people suffer from an inability to go to sleep or to stay asleep. Lack of sleep can adversely affect performance during the day. Long-term, it can worsen other medical problems. Join Marilyn Rudin, M.D., medical director of Legacy Meridian Park Medical Center's Sleep Center, as she introduces participants to this complicated topic. Free.

Meridian Park: Wednesday, April 7, 7–8:30 p.m.



tribute to faster aging, what we can learn from long-lived populations, and simple menu makeovers.

Fit at Any Age. (Scott Campbell, Club Sport wellness director, and Erin Clougherty, Legacy physical therapist)

Learn how our bodies change with age, how exercise counteracts many effects of aging and how to improve and maintain your fitness level in your 30s, 40s and 50s.

Meridian Park: Saturday, January 23, Check-in and interactive wellness fair: 9–10 a.m.

Presentations: 10 a.m. –noon. Free. Continental breakfast included. Preregistration required.

TRANSPLANT

Kidney Education Symposium

Presentations, from both medical and patient perspective, will focus on treatment options for kidney failure; different dialysis treatments (in-clinic hemo, home hemo, peritoneal, nocturnal) as well as transplantation. Co-sponsored by the National Kidney Foundation and Legacy Transplant Services. Free.

Emanuel: Sunday, March 14, 10 a.m.–4 p.m. www.tinyurl.com/NKFregristration to register or call 888-427-5653 ext. 116.

Meal Planning for Busy People

Learn how to meal plan in the midst of crazy lives. Jane Schuster, a Legacy dietitian, will provide tools to help plan, prepare and provide well-balanced, realistic meals. Free.

Meridian Park: Thursday, January 21, 7–8:30 p.m.

Friendly Fiber

Fiber – The Good “F” Word! Fiber, whole grains, processed and refined grains: What to do with all this information? Learn about what fiber is, how much we need, where it comes from and how to increase our intake. Free.

Meridian Park: Thursday, February 11, 7–8:30 p.m.

WELLNESS

The Anti-Aging Lifestyle

We're all getting older, but who says you have to look or feel it? You can prevent and even reverse many health conditions commonly associated with aging—from wrinkles to diabetes and heart disease—by making the right diet and exercise choices. Join us for a morning dedicated to achieving your peak health.

The Anti-Aging Diet. (Jane Schuster, R.D., CDE)

Learn about the “super foods” that fight disease, what foods may con-



Obesity Seminars

For candidates of weight-loss surgery.
Call 503-227-5050 for dates and times.

Dining Out Guilt-Free

How about some information on guilt-free dining out from Jane Schuster, a Legacy dietitian? Learn how to eat out, make good choices, splurge and maintain your health. Free.

Meridian Park: Thursday, March 18, 7–8:30 p.m.

Walk the Square at Washington Square

Enjoy the benefits of walking in a safe, climate-controlled area. Walk at your own pace. Receive free exercise information, blood pressure checks and store discounts. \$15 lifetime membership includes t-shirt. Call 503-335-3500 for more information.

Keep Moving for Seniors at Mt. Hood Community College

This 10-week program follows the college term. Enjoy gentle stretching and strength training. Improve your flexibility, balance and range of motion in the comfort of this indoor exercise class. No floor exercise.

Sec. 91, MWF 7:55–8:45 a.m., \$60, or Sec. 93, Tu/Th 10–11 a.m., \$42 at Zion United Church of Christ, 2025 NE 23rd Ave., Gresham;

Sec. 92, MWF 9:30–10:30 a.m., \$60 at Club Estates East, 12260 SE Main, Portland. Course # REC5FS. Call 503-491-7572 for more information or to register.

Stress Relief 101

Do you often feel fatigued and frazzled attempting to cope with the level of stress in today's world? Learn ways to manage your susceptibility to these potential stress trig-

gers. Gain insight into the role the mind-body connection plays in the experience of fight or flight response. Leave with useful tools for promoting everyday stress relief both at home and work. \$30.

Meridian Park: Tuesdays, February 9 & 16, 7–8:30 p.m.

Osteoporosis Exercise Classes

Join these ongoing osteoporosis exercise classes at any time. Floor work or a physician referral is not required. No registration necessary.

Good Samaritan: Women's Wellness Center, 1040 NW 22nd Ave., Portland; Mondays and Thursdays, 11:30 a.m.–12:30 p.m. First class is free, then \$2 per class.

Community Center location: Friendly House, 1737 NW 26th, Portland; Mondays and Thursdays, 10:30–11:30 a.m. First class is free, then \$2 per class. For more information call 503-413-7009

Meridian Park: Community Education Center: Mondays and Wednesdays, 9–10 a.m. \$5 per class or 12 classes for \$50. For more information call 503-692-7416

WOMEN'S HEALTH

Mind Over Menopause

This class provides self-care strategies that help relieve symptoms associated with this transition and offers ways of coping with and managing hot flashes, insomnia, headaches and changes in mood and sexuality. We will explore skills to promote life long health and well-being. Free.

Good Samaritan: Classes start January 27. Call 503-413-6550 to register.

Preparing Body for Baby

Designed for the expectant mom. Learn exercises, specific body mechanics and back protection strategies to stretch and strengthen key



LEGACY COMMUNITY HEALTH INFORMATION CENTERS

Call, e-mail or stop by our centers to find: personalized information on health and wellness topics such as conditions and diseases, treatments and medications, hospitalization and caregiving resources.

healthinformation@lhs.org.

Community Health Information Center at Legacy Good Samaritan Medical Center

(American Cancer Society Resource Center now open!)

Phone: 503-413-7348

Monday–Friday, 9 a.m.–4 p.m.

Good Samaritan Building 2, Suite 300
1040 NW 22nd Avenue, Portland, Oregon

Preston Community Health Information Center at Legacy Meridian Park Medical Center

Phone: 503-692-2676

Monday–Friday

8:30 a.m.–4 p.m.

19300 SW 65th Avenue, Tualatin, Oregon

Community Health Information Center at Legacy Salmon Creek Medical Center

Phone: 360-487-1020

Monday–Friday, 8:30 a.m.–4 p.m.

2211 NE 139th St., Vancouver, Washington

The Alexandra Ellis Family Resource Center at The Children’s Hospital at Legacy Emanuel

An affiliated center focusing on pediatric health information.

Phone: 503-413-1111

24-hour access for inpatients. Staff hours vary.

The Children’s Hospital at Legacy Emanuel, Room 3338, 2801 N. Gantenbein Avenue, Portland, Oregon

muscle groups to help your body during pregnancy, labor and delivery, and post-partum. \$15.

Good Samaritan: Call 503-415-5498 for dates and to register.

Women Strength

Empower yourself! This self-defense class sponsored by the Portland Police Bureau introduces teenage and adult women to a variety of strategies to help defend against person-to-person attack. Strategies include quickly assessing risky situations, using verbal skills, learning escape moves and practicing survival-level fighting skills. Free.

Emanuel: Thursday, February 4, 11 & 18, 6:15–9:15 p.m.

Call the Portland Police Bureau beginning Tuesday, January 5, 9 a.m., to register: 503-823-0260.

SUPPORT GROUPS AT LEGACY

Better Breathers	503-692-2158
Bereavement	503-225-6384
Bariatric Surgery	503-227-5050
Burn Concern	503-413-2205
Cancer Groups	503-413-7284
Caregivers	503-413-7348
Diabetes	503-674-1254
Parkinson’s	503-413-7707
Sleep Disorders	503-413-7540
Young Stroke	503-692-7368

LEGACY HEALTH LOCATIONS

**Legacy Emanuel Medical Center
The Children's Hospital
at Legacy Emanuel**

503-413-2200

2801 N Gantenbein Avenue
Portland, OR 97227

**Legacy Good Samaritan
Medical Center**

503-413-7711

1015 NW 22nd Avenue
Portland, OR 97210

**Legacy Meridian Park
Medical Center**

503-692-1212

19300 SW 65th Avenue
Tualatin, OR 97062

**Legacy Mount Hood
Medical Center**

503-674-1122,

24800 SE Stark

Gresham, OR 97030

**Legacy Salmon Creek
Medical Center**

360-487-1000

2211 NE 139th

Vancouver, WA 98686

CareMark/Managed HealthCare

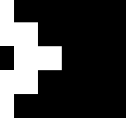
Northwest PPO

503-413-5800

422 E Burnside, Suite 215

P.O. Box 4629

Portland, OR 97208-4629



LEGACY
H E A L T H

Legacy System Office
1919 NW Lovejoy
Portland, Oregon 97209

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Looking for a doctor?

Legacy has more than 18 primary care clinics, close to your home or workplace, all staffed with excellent doctors. The rest of our system has great primary care doctors, too, along with seasoned specialists in every field.

So if you're looking for a doctor, we've got your number.

503-335-3500

Legacy Clinics

www.legacyhealth.org/clinics

Legacy Health, a nonprofit organization, is Emanuel Medical Center, The Children's Hospital at Legacy Emanuel, Good Samaritan Medical Center, Meridian Park Medical Center, Mount Hood Medical Center, Salmon Creek Medical Center, Legacy Medical Group, Legacy Laboratory, Legacy Research and Legacy Hospice. ©2010 CHE-0107