

Health & Wellness Chats



Monthly Health and Wellness programs of interest to the 50+ population are offered on the fourth Wednesday of each month. Call 503-635-3758 for registration.

February Health Chat

Introduction to Acupuncture and Traditional Chinese Medicine

Come for an introduction to the history and concepts of acupuncture with Dr. Colin Gold DAOM, L.Ac. Learn about meridians, acupuncture points, the most common problems treated with acupuncture and cover frequently asked questions. You will also have an opportunity to experience acupuncture at one common point for those that would like to try. February 22, 2017, 10am-11:30am

March Health Chat

Aging with Grace: Mental Well-Being for Older Adults

Angelie Karabatsos, MA, Licensed Professional Counselor (Intern) will explore how physical, emotional, cognitive, and social states affect the mental well-being of aging adults. Topics Include: Coping with chronic pain, irregular sleep patterns, and lifestyle changes, loss of mobility, depression, and role confusion. A brief overview of Dementia and tips on how to promote healthy mental well-being is presented. March 22, 2017, 10am-11:30am

April Health Chat

Foot Care/Shoes Diabetics

Join Jana Boyer, CFTS (Certified Fitter Therapeutic Shoes), from Priority Footwear & Pedorthic and learn about the impact on diabetes and your feet, diabetic foot care and the therapeutic shoe bill. Most diabetics under Medicare qualify for diabetic shoes and custom inserts that help alleviate some diabetic foot conditions. Find out if you qualify! Come get your foot measured and have a "worn shoe exam". Interactive presentation so bring your questions! April 26, 2017, 10am-11:30am

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