

HEALTH EDUCATION

Smoke Free Support Group

503-251-6201 10123 SE Market St. Portland, OR 97216

Educational workshop and materials provided to help people quit smoking.

Meets Mondays 6-7 and 7-8pm in conference room adjacent to cafeteria of Adventist Hospital. \$20 Fee.

Website: www.lungoregon.org/quit/oregon.html

Travelers' Clinic

503-988-3406 ext. 5 426 SW Stark St. 3rd floor Portland, OR 97204 (downtown)

Service provided by Multnomah County Health Department's Disease Control & Occupational Health Division. Provides health education counseling for specific countries to be visited. Provides immunizations needed and official documentation of immunization status and prescriptions for malaria prevention. Seen by appointment only. Pay at time of service, does not bill insurance, agencies or organizations.

Fees: Initial visit \$55, each additional traveler in party \$30, TB skin test \$20, additional charge for all other immunizations

Hours: Wed 8am-2pm, Thurs 1:30-6pm, and Fri 10am-2pm.

Website: www.co.multnomah.or.us/health/travelers/

Wild Oats Natural Marketplace

503-674-2827 2077 NE Burnside Rd. Gresham, OR 97020

Provides educational material on various health related problems.

Hours: 7 days a week 8am-10pm

Website: www.wholefoodsmarket.com

Wild Oats Wellness Center, Lake Oswego

503- 635-8869 17711 Jean Way Lake Oswego, OR 97035

Offers different evening sessions for health education, i.e. ayurvedic lifestyles, acupuncture for emotional well being, and chiropractic and nutrition.

Website: www.wholefoodsmarket.com

Weight Watchers

1-800-651-6000

Weigh in, orientation, explanation of the program, program materials and presentation of the weekly topic. Topics will be tailored to meet the unique weight challenges of working people. Four-way approach: Weight Watchers winning points program, individualized lifestyle changes and ways to learn new eating behaviors, a personalized activity plan that will fit your busy lifestyle, and group support from co-workers and Weight Watchers.

Fees: (10 week series) \$108 or \$12/week. Enrollment fee \$32.

Website: www.WeightWatchers.com