



Health Ministries & Partnerships

We have joined together with community groups and individuals to support many avenues for health and wellbeing.

Special Olympics just completed their third offering of an 8 week **Team Wellness**, a nutrition and healthy practices series for adults with disabilities--Look for future classes in 2017.

Each week **Portland Veterans' Acupuncture Project** provides support for veterans and their households. Join them each Thursday evening in the Chapel.

Once a month on the third Thursday evening, **Julia Hanfling RD, CDE** facilitates the **Hawthorne Diabetes Support Group** where guest speakers share information on a range of topics.

HFP is offering an extension of their day for a one hour **yoga class** and we are open to many more opportunities for wellness activities and health education.

CHPC Sponsored Wellness & Health Ministry

Our own efforts through our **Presbyterian Urban Network** grant provides a **Parish Nurse** for a twice a month clinic at no charge to our neighbors (2nd & 4th Tuesday mornings from 9:00-11:30 am).

A weekly **Tai Chi for Better Balance** practice session is shared Wednesday at 2:30 pm. **Starter classes for Tai Chi** are offered regularly for new comers that want to learn this simple 8 form version of Tai Chi.

Celtic Evensong ends each month with an hour long opportunity for quiet reflection and mediation on the last Sunday at 7:00 pm.

Contact us for more information about any of these activities.