

## Well-Being Ministry at CHPC!



Much of the gospels share how Jesus was known for the way he healed people and how he included those once estranged from their community because of disease. Our ministry continues that effort today. We have joined together with community groups and individuals to support many avenues for health and wellbeing in an ongoing way.

Each week **Portland Veterans' Acupuncture Project** provides support for veterans and their households on Thursday evenings. This free acupuncture clinic is now in its tenth year meeting the needs of reducing pain, easing anxiety and support of veterans and their households. Once a month (typically the third Thursday evening) Julia Hanfling RD, CDE facilitates the **Hawthorne Diabetes Support Group** where guest speakers share information on a range of topics. **Overeaters Anonymous** has begun a new meeting which meets on each Saturday from 10:00-11:00 am in our Friendship Room.

Our congregation offer general health and wellness support through our **Faith Community Health Nurse**. Nurse Judy Hubbard is available twice a month for our Tuesday morning health clinics (9:00-11:00 am). Judy provides blood pressure checks, prescription review, health advocacy and education. **Her services are open to the congregation and community at no charge**. This support is underwritten by a grant with the **Presbyterian Urban Network (PUN)**.

Also offered through this grant is our an instructor for **Tai Chi for Better Balance** every Tuesday morning from 10:30 to 11:30 am. These classes are open to the congregation and community and a \$1.00 to \$5.00 support per class is recommended, though no one will be denied based on ability to donate.

