



Well-Being: Community Health 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. We hosted four 12 step groups: **Debtors Anonymous, Overeaters Anonymous, Adult Children of Alcoholics, and Marijuana Anonymous** in weekly open groups that provide support.

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.

Our own efforts through our **Presbyterian Urban Network (PUN) Community Health Nurse** provides twice a month health clinics on the 2nd & 4th Tuesdays from 9:00-11:00 am. Judy Hubbard's services are open to the congregation and community at no charge. Instructor John McKinney teaches **Tai Chi for Better Balance on Thursdays at 10:30 am**. This PUN partnership is underwritten by a grant from Lake Grove Presbyterian Church for the support of the urban ministry of small membership congregations.



PUN is currently writing a Bisbee Grant with a focus on mental health and the church. Speak with Pastor Linda, Emily Hebron or Nurse Judy if you have questions, ideas or support to offer.