

HEALTHY LIVING DIRECTORY

	NAME & LOCATION	SERVICES OFFERED
	<p>Beaverton Lodge Retirement Residence</p> <p>12900 SW 9th St. Beaverton, OR 97005</p> <p>503-646-0635 www.BeavertonLodge.com</p>	<p>We believe healthy lifestyle and active living should not be compromised.</p> <p>Healthy Foods: Homemade soups, healthy fish & free-range chicken, salads using organic produce when possible, plus vegetarian & gluten-free options.</p> <p>Physical Activities: Schwinn 3-wheeled bicycles to get out & see the sights. Water aerobics in our indoor mineral saline pool & stretch-balance exercise classes. Plus weekly scheduled shopping & event outings.</p> <p>Mental Wellness & Personal Care: Sharpen your mental wellness; we feature weekly classes, brain games, arts/crafts & Spanish. Also available: in-house salon, massage, foot care & scheduled blood pressure monitoring. Call us or stop by today, we'll show you around.</p>
	<p>Blodgett Dental Care <i>Innovative Options Exceptional Care</i></p> <p>522 SE Belmont Street Portland, OR 97214</p> <p>503-285-3620 www.BlodgettDentalCare.com</p>	<p>Blodgett Dental Care — Innovative Options, Exceptional Care.</p> <p>Dr. Kelly Blodgett, a general dentist, strives to provide his patients with the most comprehensive, up-to-date treatments. It is his priority to provide high quality, minimally-invasive dental care.</p> <p>Dr. Blodgett offers state-of-the-art treatments such as dental implants, 3-D X-rays, various laser treatments and single-visit crowns, treatment to stop gum recession.</p> <p>We take all major insurance plans.</p>
	<p>National Cremation Service</p> <p>9800 SW Shady Lane Tigard, OR 97223</p> <p>503-598-9002 1-855-4MY-WISH</p> <p>Available 24 hours a day www.nationalcremation.com</p>	<p>People choose cremation because it is affordable, flexible, and gentler on the environment.</p> <ul style="list-style-type: none"> • Avoid Costly Services. Plan a dignified, loving tribute for less money. • Flexibility. Cremation offers the family more accommodating options, all allowing family, near and far, to participate in the remembrance celebration of a loved one. • A Unique Tribute. Celebrate your loved one's spirit through a variety of options, like a scattering at sea ... or in a ceremony closer to family and friends.
	<p>The Oregon Dental Care Plan Oregon Dental Care</p> <p>1800 Valley River Drive, Suite 200 Eugene, OR 97401</p> <p>541-790-2922 Oregondentalcare.com Oregondentalcareplan.com Oregondentalcare@mail.com</p>	<p>Dental Coverage for just \$4/month! All services are covered. Compare to other plans and see the difference!</p> <p>Call us or visit our website to find out why the Oregon Dental Care Plan is better!</p> <p>Oregon Dental Care is the largest Dental Practice in Lane County and accepts most insurance.</p>
	<p>Osher Lifelong Learning Institute at the University of Oregon</p> <p>UO Baker Downtown Center 975 High Street Eugene, OR 97401</p> <p>541-346-0697 osher@uoregon.edu osher.uoregon.edu</p>	<p>The Osher Lifelong Learning Institute at the University of Oregon (OLLI-UO) celebrates the joy of learning, encouraging academic exploration without the pressures of grades or tests. Learners from all backgrounds and levels of education are welcome to enjoy the benefits of membership.</p> <p>A reasonable fee provides unlimited access to the year-round curriculum offerings led by our members, current and retired university faculty, and by professionals in the community.</p>
	<p>PeaceHealth Sacred Heart Spine Center</p> <p>RiverBend Pavilion 3377 RiverBend Dr., 2nd Floor</p> <p>541-222-6070 www.peacehealth.org/phmg/eugene-springfield/spine</p>	<p>When you have back or neck pain, you simply want relief. Schedule an appointment at the new PeaceHealth Sacred Heart Spine Center:</p> <ul style="list-style-type: none"> • Comprehensive care, ranging from noninvasive therapies and healing arts to surgical services • Tailored treatment plan for each patient • One-stop destination for mobility restoration and rehabilitation