



**FOR IMMEDIATE RELEASE**

Media Contacts: Heather Villanueva, R/West  
503-223-5443 ext. 143 / [heatherv@r-west.com](mailto:heatherv@r-west.com) or  
Brittney Lively, R/West  
503-223-5443 ext. 118 / [brittneyl@r-west.com](mailto:brittneyl@r-west.com)

**THE PORTLAND CLINIC SPEAKS ON THE LATEST HEALTH & WELLNESS TOPICS AT THE 2009  
ENERGY TRUST BETTER LIVING SHOW'S HALF-HOUR ON HEALTH SEMINAR SERIES**

*Learn the Top 10 Healthiest Foods Under \$1, Understand Common Fitness Mistakes and How to Avoid Them,  
Combat Osteoporosis and More at the Northwest's Largest Sustainable Lifestyle Show March 27-29*

**Portland, Ore.** – March 9, 2009 – The Portland Clinic, Oregon's oldest private multi-specialty medical group, will speak on a variety of important health topics throughout the Energy Trust Better Living Show March 27-29. Located at the Portland Expo Center, the Better Living Show is the Northwest's largest sustainable lifestyle show. The Portland Clinic's Half Hour on Health seminars and the show are free to attend and open to the public.

Members of The Portland Clinic's team of physicians and medical specialists will share insightful health information throughout the weekend. The Half-Hour on Health presentations will take place on the NW Natural Kitchen Stage and include:

**Friday, March 27**

- 3:30 – 4:00 p.m – What every woman should know about osteoporosis and bone health - Dr. Terresa Jung, Gynecology
- 5:00 – 5:30 pm - Common fitness mistakes and how to avoid them - Dr. Robert Sandmeier, Orthopedics/Sports Medicine
- 6:30 – 7:00 pm - Fishing for answers: Omega-3 Fatty Acids and the critical role they play in maintaining good health - Jan Adams Kaplan, MS RD C.D.E. (Master of Science, Registered Dietitian, Certified Diabetes Educator)

**Saturday, March 28**

- 2:00 – 2:30 pm - Top 10 healthiest foods for under \$1 –Susan Landgren, MS RD LD (Master of Science, Registered Dietitian, Licensed Dietitian)
- 3:30 – 4:00 pm - Fishing for answers: Omega-3 Fatty Acids and the critical role they play in maintaining good health - Susan Landgren, MS RD LD

**Sunday, March 29**

- 12:30 – 1:00 pm - Top 10 healthiest foods for under \$1 – Jennifer DeBoer Roark, RD LD
- 2:00 – 2:30 pm - Common fitness mistakes and how to avoid them – Michael Cunningham, PA-C (Certified Physicians Assistant) Orthopedics/Sports Medicine

For more information on speakers and seminars go to:

[www.betterlivingshow.org/attendees/BetterLivingShowCookingDemonstrations.asp](http://www.betterlivingshow.org/attendees/BetterLivingShowCookingDemonstrations.asp)

**About The Portland Clinic**

Established in 1921, The Portland Clinic is Oregon's oldest private multi-specialty medical group. Today, with sophisticated medical technology, modern spacious facilities, and dynamic medical specialists, a personal approach to each patient's good health remains The Portland Clinic's primary focus. The Portland Clinic's four locations serve the greater Portland metropolitan area and care for over 75,000 families each year throughout the Northwest. For more information visit [www.theportlandclinic.com](http://www.theportlandclinic.com).

**About The Energy Trust Better Living Home, Garden & Lifestyle Show**

Free and open to the public, The Energy Trust Better Living Show, the Northwest's largest sustainable lifestyle show, takes place Friday, March 27 from noon – 9 p.m.; Saturday, March 29 from 11 a.m. – 9 p.m.; and Sunday, March 30 from 11 a.m. – 5 p.m. at the Portland Expo Center. The Better Living Show is designed to empower attendees to become more thoughtful consumers and lessen their impact on the environment by learning about sustainable, healthy and practical lifestyle products and services. For more information, visit [www.betterlivingshow.org](http://www.betterlivingshow.org).

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