



Santiam Community Health

serving the Willamette Valley

CLASSES • WORKSHOPS • MEDICAL SERVICES

Thank you for your interest in hosting our educational classes and or workshop series!

We literally could not do this work without the generous donation of our host facilities.

Who We Are:

Santiam Community Health was started by a partnership of medical professionals and the laypersons, all passionate about expanding health education and access.

Our mission is to educate, support and provide for those in our medical, health and fitness fields who are under- or uninsured or otherwise experience barriers to receiving comprehensive healthcare.

We strive to improve the health of our community by improving the health literacy of our community members, focusing on those in the health and fitness fields.

Through community health education classes, workshops and medical services, we strive to improve the health of our community, one member at a time.

We seek to expand health education and services also to those traditionally under-served by the customary medical model, including: low-income, students, seniors, active military, veterans, those on SSI and/or experiencing significant chronic medical conditions.

What We Do:

With that in mind, we offer several community health services, all of which rely on generously donated space. Unless a class or workshop includes materials or supplies for which we were unable to secure a donation, these are all offered free to the community with a suggested donation to SCH so that we can successfully continue our programs into the future. All classes and workshops are taught by medical professionals who are passionate about health improvement in their community.

Some popular topics include:

- Intro to Nutrition: macronutrients, what we need to live and prosper
- What's in your food: examining labels, ingredients, sources and food options
- Let's Get Cooking: Meal planning and batch cooking
- Nutrition for weight training
- Blood sugar: Why Balance is Important

- Nutrition for arthritis, degenerative conditions
- Hormonal influences on strength training
- Hormones and health: focusing on insulin and thyroid for energy and metabolism

Depending on our host facilities' space and interest, blocks of time are often donated in the 1-2 hour time range. The frequency is also up to the facility, popular frequencies are a short series (such as every several weeks or once a month), or just "one-off" classes and workshops. All we ask is for the times donated to be communicated in advance and upheld to the best of both parties' abilities.

Host facilities benefit from being able to offer these classes and workshops on their premises, direct to their community (patients, staff, providers, clients, trainers, students, customers, etc). All donations (rental time plus utilities for that time) are tax-deductible, we are a 501(c)3 non-profit. Our EIN is 83-1113141.

Expectations:

To provide an optimal partnership, we attempt to require very little as we are extremely grateful for the space donated to our community health services.

We will set up and put away any tables and chairs needed/used.

We are tidy and keep our presentation space clean.

We don't require a lot of space nor any technological devices (we bring any we need).

We don't need any particularly private space, but a reasonably quiet environment is appreciated.

We've presented in classrooms, corporate breakrooms, clinic waiting rooms, gyms (even while clients are working out). We're pretty flexible.

We appreciate any media, marketing and otherwise promotion of our community events. When we offer those classes or workshops needing advance registration, we handle it ourselves on our SCH website.

To be in compliance with non-profit rules and regulations, SCH must directly receive all donations, thus no burden on credit card processing fees nor any other facility administration responsibilities.

If your facility is interested in hosting an educational class, contact our Community Services Coordinator:
Angela Cortal
503-380-5833
santiamhealth@gmail.com