



Register now for Winter Classes

Join us for a variety of classes providing support for healthy lifestyles and sharing the latest research findings in women's health with our community.

- Learn why diets don't work for you in a [Am I Hungry? Mindful Weight Management Series](#). This non-diet, intuitive eating program helps you to tune into your body so you can stop dieting and start living!
- Improve your cooking and nutrition with a new [Fresh and Healthy Kitchen Series](#).
- Register for [I'm All Stressed Out](#) to get the latest tips and techniques to keep stress at bay.
- Learn real-life skills for living a full, healthy life with a chronic condition through a 6-week [Living Well Workshop](#). The workshop builds confidence around managing health, staying active, and enjoying life.
- Get heart healthy with [Lowering Your Cholesterol The Lifestyle Way](#). This class covers current evidence-based diet recommendations.

[See all classes.>](#)



Make a Gift to the OHSU Center for Women's Health in 2009

The OHSU Center for Women's Health is dedicated to providing women with the very best in clinical care, cutting-edge scientific research and innovative health education. Your health and well being are important to us and we strive daily to advance women's health. To do this we need community support.

Ways to Give:

- Give Online at <http://ohsufoundation.org>
- Give by Credit Card: To make a gift by credit card, please call 503 228-1730 or 800 462-6608 Monday through Friday between 8 a.m. - 5 p.m.
- Give by Check: Please make checks payable to the **OHSU Foundation** and mail to the OHSU Foundation, Center for Women's Health, 1121 S.W. Salmon Street, Suite 100, Portland, OR 97205

Don't forget, you may designate your gift in honor or in memory of a loved one. We will notify the next-of-kin or appropriate individual of your thoughtful gift.

Please note: in order for gifts to be counted in the current tax year, gifts must be mailed and postmarked on or before December 31 or made online before midnight December 31, 2009.



Interested in women's health clinical trials?

Numerous national research projects related to women's health issues are ongoing in the OHSU Center for Women's Health. Studies range from birth control options to treatment for the conditions associated with menopause. All studies are conducted by OBGYN board-certified physicians. Participants in these projects receive study medication, study-related lab tests and procedures at no cost and sometimes compensation for time and travel.

- Women's Health Research Unit is currently recruiting for studies involving: endometriosis, hot flashes, spermicide, oral contraceptives, and the contraceptive patch/ring.

[Click here to learn more](#) or call 503 494-3666 for more information.
