

Iversen Center Information

Behavioral Health Walk-In Screening Clinics

Chico

Tuesdays – 1:00 p.m.
Wednesdays – 1:00 p.m.
Thursdays – 9:00 a.m.
107 Parmac Road, #2
891-2784

Oroville

Mondays – 8:00 a.m.
Tuesdays – 8:00 a.m.
Wednesdays – 8:00 a.m.
18C County Center Drive
538-7705

Paradise

Thursdays – 8:15 a.m.
805 Cedar Street
877-5845

Gridley

Fridays

appointment only
95 Spruce Street
846-7305

Alcohol & Drug Screening

Chico

First, Second and Third Thursday of
the month – 1:00 p.m.
107 Parmac Road, #2
891-2784

Pick The Best Produce!

Fresh fruit can be delicious this time of year, but sometimes produce that **looks** lovely can disappoint. Buying produce at its peak is easy if you know these tips:

Melons and Berries should smell sweet. Pick firm, plump berries. Avoid soft, discolored fruit and containers that look stained from overripe fruit. Watermelon should be bright green with a yellow underside. Choose cantaloupes that have pronounced netting and feel solid when you shake them – no rattling seeds. Look for a slightly soft and fragrant stem end.

Tomatoes with vibrant color, aroma and slightly soft flesh are best. Store at room temperature.

Broccoli and Cauliflower should be uniform in color with no brown or yellow areas. Florets should be firm and tightly clumped.

Beans, Celery, Asparagus and Zucchini should have smooth, unblemished skins and not bend when you apply light pressure

Apricots, Peaches, Plums and Nectarines should smell fragrant and feel slightly soft, without bruised areas or brown spots.

Cherries and Grapes should be plump, not hard, and have flexible stems. Grapes should be firmly attached to the stems.

Pineapple is ripe if it smells sweet on the bottom. Leakage signals over-ripeness.

Best of the bunch? *Usually, it's produce that is locally grown or in season!*

Headaches Can Be A Pain In The Neck!

Headaches are all too common. They can interfere with work, sleep and recreation. While headaches can have many causes, neck pain is easily overlooked. For example, if your head is stretched forward and your shoulders are hunched (a common posture while working at a computer), you may develop muscle strain at the back of your neck that professes to a headache. If you experience this problem, *consider this three-step solution:*

- 1. Stretch.** Gently pull your chin down and in. Slowly roll your head slightly left and right several times. Take care not to strain your neck muscles. Relax your arms and roll your shoulders in a circular motion.
- 2. Strengthen.** To help support your upper body and reduce tension, strengthen your “core” back and abdominal muscles. Work with a stability ball or try Pilates exercises.
- 3. Improve Your Posture.** Sit up straight. Turn your body or chair – not your head – when you need to look at something to the side for an extended period. Use a headset instead of holding the phone between your ear and shoulder. Make sure your workstation is ergonomically correct.