

Oregon Living Well with Chronic Conditions Chronic Disease Self-Management Programs

List updated February 2010

Please note: Programs below are all **6-week** English-language *Living Well with Chronic Conditions* programs unless noted as *Tomando Control* (6-week Tomando Control de Su Salud Spanish-language, Self-Management program) or *PSMP* (7-week Positive Self-Management for People with HIV/AIDS Program).

Unless otherwise indicated, all classes are open to the public and family/support people are welcome.

Benton County

Corvallis:

- (*Tomando*) February 18 – March 25, 2010 from 5-7:30 pm at St. Mary's Church, 501 NW 25th Street. Workshop is free and sponsored by Benton County Health Services. For more information or to register, contact Rocio Munoz at 541-766-6362 or email: rocio.munoz@co.benton.or.us

Crook County

Prineville:

- March 2 – April 6, 2010 from 1:30-4 pm at Mid Oregon Credit Union, 305 NE Hickey Farms Road. Workshop is \$10 and sponsored by Living Well – Central Oregon. For more information or to register, contact Brenda Johnson at 541-322-7430 or email: Brenda_Johnson@co.deschutes.or.us

Deschutes County

Bend:

- March 24 – April 28, 2010 from 2-4:30 pm at Unitarian Fellowship, 141 NW Greenwood Ave. Workshop is \$10; scholarships are available. Sponsored by Living Well – Central Oregon. For more information or to register, contact Brenda Johnson at 541-322-7430 or email: Brenda_Johnson@co.deschutes.or.us

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Redmond:

- February 24 – March 31, 2010 from 9:30 am-12 pm at Becky Johnson Center, 412 SW 8th Street. Workshop is \$10; scholarships are available. Sponsored by Living Well – Central Oregon. For more information or to register, contact Brenda Johnson at 541-322-7430 or email: Brenda_Johnson@co.deschutes.or.us

Hood River County

Hood River:

- February 2 – March 9, 2010 time TBD. For more information or to register contact Jean Hockman at 541-298-4101 x 218 or email: jean.hockman@mccog.com
- March 9 – April 12, 2010 from 1-3:30 pm at Hood River County Extension Office, 2990 Experiment Station Drive. Workshop is free and sponsored by the Area Agency on Aging. For more information or to register contact Jean Hockman at 541-298-4101 x 218 or email: jean.hockman@mccog.com

Jackson County

Ashland:

- Workshop dates and times TBD, to be held at Ashland Community Hospital and Ascension Lutheran Church. For more information or to register contact Bernadette Maziarski at 541-864-9611 or email: information@sohealthyoregon.org

Medford:

- February 10 – March 17, 2010 from 1-3:30 pm at Saint Mark's Episcopal Church. For more information or to register contact Bernadette Maziarski at 541-864-9611 or email: information@sohealthyoregon.org
- March 3 – April 7, 2010 from 9-11:30 am at the Medford Senior Center. For more information or to register contact Bernadette Maziarski at 541-864-9611 or email: information@sohealthyoregon.org

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- March 4 – April 8, 2010 time TBD at Jackson County Mental Health. Workshop is free. For more information or to register contact Bernadette Maziarski at 541-864-9611 or email: information@sohealthyoregon.org
- March 29 – May 3, 2010 from 3:30-6 pm at Ascension Lutheran Church. Workshop is free. For more information or to register contact Bernadette Maziarski at 541-864-9611 or email: information@sohealthyoregon.org
- April 5 – May 10, 2010 time TBD at Smullin Health Education Center. Workshop is free. For more information or to register contact Bernadette Maziarski at 541-864-9611 or email: information@sohealthyoregon.org
- May 6 – June 10, 2010 time TBD at Jackson County Mental Health. Workshop is free. For more information or to register contact Bernadette Maziarski at 541-864-9611 or email: information@sohealthyoregon.org
- July 1 – August 5, 2010 time TBD at Jackson County Mental Health. Workshop is free. For more information or to register contact Bernadette Maziarski at 541-864-9611 or email: information@sohealthyoregon.org
- September 22 – October 27, 2010 from 9-11:30 am at the Medford Senior Center. For more information or to register contact Bernadette Maziarski at 541-864-9611 or email: information@sohealthyoregon.org

Jefferson County

Madras:

- February 15 – March 22, 2010 from 2:30-5 pm at Mt. View Hospital, 470 NE 'A' Street. Workshop is \$10 and sponsored by Living Well – Central Oregon. For more information or to register, contact Brenda Johnson at 541-322-7430 or email: Brenda_Johnson@co.deschutes.or.us

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Klamath County

Klamath Falls:

- February 16 – March 30, 2010 from 10 am-12:30 pm at 3328 Vandenberg Road. Workshop is \$15 and sponsored by OSU Extension; scholarships are available. For more information or to register, contact Patty Case at 541-883-7131 or patty.case@oregonstate.edu
- October 12 – November 16, 2010 from 10 am-12:30 pm at 3328 Vandenberg Road. Workshop is \$15 and sponsored by OSU Extension; scholarships are available. For more information or to register, contact Patty Case at 541-883-7131 or patty.case@oregonstate.edu

Lane County

Eugene:

- February 13 – March 20, 2010 from 10 am-12:30 pm at Eugene Family YMCA, 2055 Patterson Street. Workshop is free and sponsored by United Way of Lane County and Gerontology Institute at Sacred Heart Medical Center. For more information or to register contact Beverly Cridland at 541-687-6234 or bcridland@peacehealth.org

Junction City:

- (*Tomando Control*) February 16 – March 23, 2010 from 1-3:30 pm at Junction City Community Center, 175 West 7th Avenue. Workshop is free and sponsored by United Way of Lane County. For more information or to register contact Beverly Cridland at 541-687-6200 or bcridland@peacehealth.org

Springfield:

- February 17 – March 24, 2010 from 5:30-8 pm at Willamalane Adult Activity Center, 215 West C Street. Workshop is free and sponsored by United Way of Lane County and Gerontology Institute at Sacred Heart Medical Center. For more information or to register contact Beverly Cridland at 541-687-6234 or bcridland@peacehealth.org

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Marion County

Sublimity:

- Will meet on Thursdays 1:30-4 pm, actual dates TBD. Workshop will be held at Marian Estates, 390 SE Church Street. Workshop is free and sponsored by Mid-Valley IPA. Please contact Lavinia Goto for scheduling at 503-587-5130 or email: lgoto3@comcast.net

Multnomah County

Portland:

- February 5 – March 12, 2010 from 1-3 pm at Portland VA Medical Center, Bldg. 104 P2 Conference Room A. Workshop is free and sponsored by Portland VA Medical Center. For more information or to register, call the recorded line at 503-402-2922 or 360-759-1967.
- March 3 – April 7, 2010 from 1:30-4 pm at Portland VA Medical Center, Building 101, Room 201, 3710 SW US Veterans Hospital Road. Workshop is free and sponsored by Portland VA Medical Center. For more information or to register, call the recorded line at 503-402-2922 or 360-759-1967
- March 5 – April 9, 2010 from 5:30-8 pm at OHSU Center for Women's Health. Workshop fee is \$30, scholarships are available. Workshop sponsored by OHSU Center for Women's Health and Portland VA Medical Center. For more information or to register, contact Lisa Isabell at 503-418-4506 or email: cwh@ohsu.edu
- April 1 – May 6, 2010 from 1-3:30 pm at Mt. Scott Community Center, 5530 SE 72nd Ave. Workshop is free and sponsored by Portland VA Medical Center. For more information or to register, call the recorded line at 503-402-2922 or 360-759-1967.
- Free workshops, which are open to the public, are scheduled throughout the Portland Metro area on an ongoing basis. To locate a workshop near you or if we may answer any questions, please leave a message on our information line. We look forward to talking with you. From Portland 503-402-2922. From Vancouver 360-759-1967. You may also contact Judy.Wick@VA.gov

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Washington County

Hillsboro:

- April 7 – May 12, 2010 from 9:30-11 am at Hillsboro VA Clinic, 1925 Amber Glen Parkway, Suite 300. Workshop is free and sponsored by Portland VA Medical Center. For more information or to register, call the recorded line at 503-402-2922 or 360-759-1967.
- Workshops are scheduled in Washington County on an ongoing basis and upon local needs. To find a workshop that best suits your schedule or to be placed on a waitlist, please contact Linda Graham of Tuality Healthcare at 503-681-1791 or email: Linda.graham@tuality.org

Yamhill County

McMinnville:

- February 2 – March 9, 2010 from 1-3:30 pm at McMinnville Senior Center, 2250 McDaniel Lane. Workshop is \$5 and sponsored by Yamhill County Public Health. Please call McMinnville Senior Center to register, at 503-435-0407
- (*Tomando Control*) February 2 – March 9, 2010 from 9-11:30 am at Virginia Garcia Medical Center patient education room, 115 NE May Lane. Workshop is free and sponsored by Virginia Garcia Medical Center. For more information or to register, contact Elva Salinas Garcia at 503-883-4713 or email: esalinas@vgmhc.org

Sheridan:

- February 8 – March 22, 2010 from 1-3:30 pm at Riverside Terrace Apartments, 200 SE Riverside Drive. Workshop is free and sponsored by Mid-Valley IPA and Yamhill County. Please contact Lavinia Goto at 503-587-5130 or email: lgoto3@comcast.net

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Washington State (Clark County)

Vancouver:

- February 12 – March 19, 2010 from 1-3 pm at Vancouver VA Nursing Home, Building D-8, 1601 East Fourth Plain Blvd. Workshop is free and sponsored by VA Medical Center. For more information or to register, call the recorded line at 503-402-2922 or 360-759-1967.
- April 2 – May 7, 2010 from 1-3:30 pm at Vancouver VA Nursing Home, Building D-8, 1601 E Fourth Plain Blvd. Workshop is free and sponsored by VA Medical Center. For more information or to register, call the recorded line at 503-402-2922 or 360-759-1967.
- For upcoming workshop information in Washington State, please visit <http://livingwell.doh.wa.gov/>