

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

List updated October 2009

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:

- January 12 – February 16, 2009 from 1:30-4 pm at Samaritan Internal Medicine, Neville Building. Workshop is free and sponsored by Samaritan Health Services. For more information or to register contact Patti Dunning at 541-768-5693.

Crook County

Prineville:

- December 1, 2009 – January 5, 2010 from 1:30-4 pm at Mid Oregon Credit Union, 305 NE Hickey Farms Rd. For more information or to register contact Sharon Vail at 541-447-6254 ext. 380.

Jackson County

Medford:

- January 7 – February 11, 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 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
- 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:

- October 28 – December 2, 2009 from 6-8:30 pm at the Jefferson County Health Department Classroom. Workshop is \$10 and sponsored by Living Well Central Oregon. Scholarships are available. For more information or to register contact Brenda Johnson at 541-322-7430 or visit www.livingwellco.org

Lane County

Eugene:

- November 3 – December 15, 2009 from 12:30-3 pm at the OASIS Education Center, Macy's Valley River Center. The workshop is free and sponsored by United Way of Lane County/ Gerontology Institute. For more information or to register contact Beverly Cridland at 541-687-6234 or email: bcriidland@peacehealth.org
- (*Tomando Control*) November 3 – December 15, 2009 at Centro Latino, 944 West 5th Avenue. The workshop is free and sponsored by United Way of Lane County. For more information or to register contact Beverly Cridland at 541-687-6234 or email: bcriidland@peacehealth.org

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Linn County

Albany:

- January 12 – February 16, 2009 from 1-3:30 pm at Mennonite Village, 5353 Columbus St SE. Workshop is free and sponsored by Samaritan Health Services. For more information or to register contact Carole Kment at 541-451-6466 or email: ckment@samhealth.org

Lebanon:

- January 14 – February 18, 2009 from 1-3:30 pm at Linn Benton Community College. Workshop is free and sponsored by Samaritan Health Services. For more information or to register contact Carole Kment at 541-451-6466 or email: ckment@samhealth.org

Marion County

Woodburn:

- November 4 – December 9, 2009 from 9-11:30 am at Wellspring Medical Center, 1475 Mt. Hood Ave. Workshop is free and sponsored by Silverton Hospital. For more information or to register contact Joyce Jenson at 503-873-1679 or email: jjenson@silvhosp.org

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

Washington County

Hillsboro:

- (*Tomando Control*) January 5 – February 9, 2010 from 12:30-3 pm at Tuality Community Education Center, 334 SE 8th Ave. For more information or to register, contact Jose Izquierdo at message line 503-681-1751 or email: jose.izquierdo@tuality.org

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- 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