

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

List updated November 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, 2010 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.

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

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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
- February 11 – March 18, 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
- 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

Josephine County

Grants Pass:

- January 27 – March 3, 2010 from 1:30-4 pm at Lovejoy Hospice. For more information or to register contact Bernadette Maziarski at 541-864-9611 or email: information@sohealthyoregon.org

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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:

- 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

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

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Marion County

Salem:

- (*Tomando Control*) January 12 – February 6, 2010 from 1-3:30 pm at Willamette Family Medical Center, 755 Medical Center Drive NE. Workshop is free and sponsored by Mid-Valley IPA. Please contact Lavinia Goto at 503-587-5130 or email: lgoto3@comcast.net
- January 13 – February 17, 2010 from 5-7:30 pm at The Doctors' Clinic, 5050 Skyline Village Loop South. Workshop is free and sponsored by Mid-Valley IPA. Please contact Lavinia Goto at 503-587-5130 or email: lgoto3@comcast.net
- January 14 – February 18, 2010 from 1:15-3:45 pm at West Salem Clinic, 1233 Edgewater Street NW. Workshop is free and sponsored by Mid-Valley IPA. Please contact Lavinia Goto at 503-587-5130 or email: lgoto3@comcast.net
- January 15 – February 19, 2010 from 1:30-4 pm at Center 50+, 2615 Portland Street NE. Workshop is free and sponsored by Mid-Valley IPA. Please contact Lavinia Goto at 503-587-5130 or email: lgoto3@comcast.net

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

- 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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Polk County

Monmouth:

- January 27 – March 3, 2010 from 1-4 pm at Monmouth Senior Center, 180 Warren 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

Wasco County

Maupin:

- December 30, 2009 – February 3, 2010 from 9:30 am-12 pm at Canyon Rim Manor, 1701 George Jackson Road. For more information or to register contact Jean Hockman at 541-298-4101 x 218 or email: jean.hockman@mccog.com

The Dalles:

- January 13 – February 17, 2010 time TBD at The Dalles Senior Center, 1112 West 9th Street. For more information or to register contact Jean Hockman at 541-298-4101 x 218 or email: jean.hockman@mccog.com

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
- 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