

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

List updated August 2008

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).

### **Benton County**

- August 13 – September 17, 2008 from 1:30-4 pm at the American Legion Hall, 605 Main St, Monroe. Free, open to the public, and family/support people are welcome. For more information or to register, contact Rocio Muñoz at 541-766-6362 or [rocio.munoz@co.benton.or.us](mailto:rocio.munoz@co.benton.or.us).
- August 17-October 22, 2008 from 1:30 -4 pm at Benton County Public Health, 530 NW 27<sup>th</sup> Street, Corvallis. Free, open to the public, and family/support people are welcome. For more information or to register, contact Patty Parsons at 541-766-6659 or [patricia.parsons@co.benton.or.us](mailto:patricia.parsons@co.benton.or.us).
- September 24 – October 29, 2008 from 1:30-4 pm at Benton County Public Health, 530 NW 27<sup>th</sup> Street, Corvallis. Free, open to the public, and family/support people are welcome. For more information or to register, contact Rocio Muñoz at 541-766-6362 or [rocio.munoz@co.benton.or.us](mailto:rocio.munoz@co.benton.or.us).

### **Deschutes County**

#### **Bend:**

- September 17 – October 22, 2008 from 5:00 – 7:30 pm at the Deschutes County Services Center. Workshop fee is \$10; scholarships are available. Open to the public and family/support people are welcome. For more information or to register, please contact Brenda Johnson at 541-322-7430 or email [Brenda\\_johnson @co.deschutes.or.us](mailto:Brenda_johnson@co.deschutes.or.us)
- September 30 – November 4, 2008 from 4:00 – 6:30 pm at Saint Charles Medical Center, 2500 NE Neff Rd. Workshop fee is \$10; scholarships are available. Open to the public and family/support people are welcome. For more

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information or to register, please contact Brenda Johnson at 541-322-7430 or email [Brenda\\_johnson @co.deschutes.or.us](mailto:Brenda_johnson@co.deschutes.or.us)

- October 8 – November 12, 2008 from 1:30- 4 pm at the Bend Senior Center, 1600 SE Reed Market Road. Workshop fee is \$10; scholarships are available. Open to the public and family/support people are welcome. For more information or to register, please contact Brenda Johnson at 541-322-7430 or email [Brenda\\_johnson @co.deschutes.or.us](mailto:Brenda_johnson@co.deschutes.or.us)
- October 9 – November 13, 2008 from 2:30-5 pm at Saint Charles Medical Center, 2500 NE Neff Rd. This workshop will be offered specifically to cancer survivor patients, but is also open to the general public. Workshop fee is free and open to the public; family/support people are welcome. For more information or to register, please contact Rosemary Johnson at 541-706-2904 or [rsjohnson@cascadehealthcare.org](mailto:rsjohnson@cascadehealthcare.org).

### **Sunriver**

- September 8 – October 13, 2008 from 5-7:30 pm at Holy Trinity Catholic Church, 18143 Cottonwood Road. Workshop fee is \$10; scholarships are available. Open to the public and family/support people are welcome. For more information or to register, please contact Brenda Johnson at 541-322-7430 or email [Brenda\\_johnson @co.deschutes.or.us](mailto:Brenda_johnson@co.deschutes.or.us)

### **Jackson County**

#### **Ashland**

- August 26 - September 30, 2008 from 1:30-4 pm at Mountain Meadows Community. Free and open to the public, and family/support people are welcome. For more information or to register contact Bernadette Maziarski at 541-864-9611 or email: [information@sohealthyoregon.org](mailto:information@sohealthyoregon.org)
- September 29 – November 3, 2008 from 1-3:30 pm at Ashland Community Hospital. Free and open to the public, and family/support people are welcome. For more information or to register contact Bernadette Maziarski at 541-864-9611 or email: [information@sohealthyoregon.org](mailto:information@sohealthyoregon.org)

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### Jacksonville

- September 23 – October 28, 2008 from 1:30-4 pm at Jackson County Library. Free and open to the public, and family/support people are welcome. For more information or to register contact Bernadette Maziarski at 541-864-9611 or email: [information@sohealthyoregon.org](mailto:information@sohealthyoregon.org)

### Medford:

- August 15 – September 19, 2008 from 9:30 am – 12 noon at Rogue River Estates. Free and open to the public, and family/support people are welcome. For more information or to register contact Bernadette Maziarski at 541-864-9611 or email: [information@sohealthyoregon.org](mailto:information@sohealthyoregon.org)
- (*Tomando Control*) September 8 – October 13, 2008 from 4-6:30 pm at La Clinica del Valle, 3617 South Pacific Highway. Free and open to the public, and family/support people are welcome. For more information or to register contact Bernadette Maziarski at 541-864-9611 or email: [information@sohealthyoregon.org](mailto:information@sohealthyoregon.org)
- September 16 – October 21, 2008 from 1:00-3:30 pm at Jackson County Mental Health. Free and open to the public, and family/support people are welcome. For more information or to register contact Bernadette Maziarski at 541-864-9611 or email: [information@sohealthyoregon.org](mailto:information@sohealthyoregon.org)
- September 17 – October 29, 2008 from 1:00-3:30 pm (9-11:30 am on October 1 & 8) at Smullin Health Education Center at Rogue Valley Medical Center. Free and open to the public, and family/support people are welcome. For more information or to register contact Bernadette Maziarski at 541-864-9611 or email: [information@sohealthyoregon.org](mailto:information@sohealthyoregon.org)
- October 1 – November 5, 2008 from 9:00 am – 11:30 am at Medford Senior Center. Free and open to the public, and family/support people are welcome. For more information or to register contact Bernadette Maziarski at 541-864-9611 or email: [information@sohealthyoregon.org](mailto:information@sohealthyoregon.org)
- October 9 – November 13, 2008 from 6:00-8:30 pm at Rogue Community College, Medford. Open to the public and family/support people are welcome.

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For more information or to register contact Bernadette Maziarski at 541-864-9611 or email: [information@sohealthyoregon.org](mailto:information@sohealthyoregon.org)

**Josephine County**

**Grants Pass:**

- September 16 – October 21, 2008 from 2-4:30 pm at Three Rivers Community Hospital. Open to the public and family/support people are welcome. For more information or to register contact Bernadette Maziarski at 541-864-9611 or email: [information@sohealthyoregon.org](mailto:information@sohealthyoregon.org)
- September 16 – October 21, 2008 from 2-4:30 pm at CareSource. Open to the public and family/support people are welcome. For more information or to register contact Bernadette Maziarski at 541-864-9611 or email: [information@sohealthyoregon.org](mailto:information@sohealthyoregon.org)
- September 18 – October 30, 2008 from 10 am – 12:30 pm at Three Rivers Community Hospital. Open to the public and family/support people are welcome. For more information or to register contact Bernadette Maziarski at 541-864-9611 or email: [information@sohealthyoregon.org](mailto:information@sohealthyoregon.org)
- October 9 – November 13, 2008 from 6:00-8:30 pm at Rogue Community College, Grants Pass. Open to the public and family/support people are welcome. For more information or to register contact Bernadette Maziarski at 541-864-9611 or email: [information@sohealthyoregon.org](mailto:information@sohealthyoregon.org)

**Klamath County**

**Klamath Falls:**

- October 16 – November 20, 2008 from 10 am – 12:30 pm at Klamath County Extension, 3328 Vandenberg Road. Program fee is \$15; scholarships are available. Open to the public and family/support people are welcome. For more information or to register, please contact Patty Case at 541-883-7131 or [patty.case@oregonstate.edu](mailto:patty.case@oregonstate.edu).

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**Lane County**

**Creswell**

- *(Tomando Control)* August 12 – September 16, 2008 from 4-6:30 pm at Creswell Library. Workshop is free and open to the public, and family/support people are welcome. For more information or to register contact Beverly Cridland at 541-687-6200 or email: [bcridland@peacehealth.org](mailto:bcridland@peacehealth.org)

**Eugene:**

- *(Tomando Control)* August 15 – September 19, 2008 from 5:30-8 pm at Centro LatinoAmericano. Workshop is free and open to the public, and family/support people are welcome. For more information or to register contact Beverly Cridland at 541-687-6200 or email: [bcridland@peacehealth.org](mailto:bcridland@peacehealth.org)
- October 2 – November 6, 2008 from 12:30-3:00 pm at the OASIS Education Center. Workshop is free and open to the public, and family/support people are welcome. For more information or to register contact Beverly Cridland at 541-687-6234 or email: [bcridland@peacehealth.org](mailto:bcridland@peacehealth.org)
- *(PSMP)* October 7 – November 25, 2008 from 1:30-4 pm at the HIV Alliance, 1966 Garden Ave. For more information or to register, contact the HIV Alliance at 541-342-5088.

**Junction City:**

- October 22 – December 3, 2008 from 1:00-3:30 pm at the Viking Sal Senior Center. Workshop is free and open to the public, and family/support people are welcome. For more information or to register contact Beverly Cridland at 541-687-6234 or email: [bcridland@peacehealth.org](mailto:bcridland@peacehealth.org)

**Springfield:**

- October 14 – November 18, 2008 from 5:30-8:00 pm at Willamalane Adult Activity Center. Workshop is free and open to the public, and family/support people are welcome. For more information or to register contact Beverly Cridland at 541-687-6234 or email: [bcridland@peacehealth.org](mailto:bcridland@peacehealth.org)

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**Lincoln County**

**Depoe Bay**

- September 25-October 30, 2008 from 9:30 am – 12 pm at the Depoe Bay Community Center. Free, open to the public and family/support people are welcome. For more information or to register contact Jennifer Loyd at 541-265-6611 ext. 2432 or email: [pmeagher@samhealth.org](mailto:pmeagher@samhealth.org)

**Lincoln City**

- September 17 – October 22, 2008 from 1-3:30 pm at the Lincoln Community Health Center. Free, open to the public and family/support people are welcome. For more information or to register contact Jennifer Loyd at 541-265-6611 ext. 2432 or email: [pmeagher@samhealth.org](mailto:pmeagher@samhealth.org)

**Newport:**

- October 7 – November 11, 2008 from 2:00 – 4:30 pm at Atonement Lutheran Church. Free, open to the public and family/support people are welcome. For more information or to register contact Jennifer Loyd at 541-265-6611 ext. 2432 or email: [pmeagher@samhealth.org](mailto:pmeagher@samhealth.org)

**Siletz:**

- August 15-September 19, 2008 from 10:30 am – 1 pm at the Siletz Public Library. Free, open to the public and family/support people are welcome. For more information or to register contact Jennifer Loyd at 541-265-6611 ext. 2432 or email: [pmeagher@samhealth.org](mailto:pmeagher@samhealth.org)

**Waldport:**

- October 16 – November 20, 2008 from 8:30-11 am at the Waldport Senior Center. Free, open to the public and family/support people are welcome. For more information or to register contact Jennifer Loyd at 541-265-6611-ext. 2432 or email: [pmeagher@samhealth.org](mailto:pmeagher@samhealth.org)

**Yachats:**

- October 8 – November 11, 2008 from 1-3 pm at Yachats Presbyterian Church. Free, open to the public and family/support people are welcome. For more information or to register contact Jennifer Loyd at 541-265-6611-ext. 2432 or email: [pmeagher@samhealth.org](mailto:pmeagher@samhealth.org)

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**Marion County**

**Salem**

- September 24-October 29, 2008 from 6-8:30 pm at Salem Hospital Regional Rehab Center, 2561 Center Street NE. Program fee is \$40. Open to the public and family/support people are welcome at no extra cost. For more information or to register, please contact 503-561-5138.

**Multnomah County**

**Portland:**

- September 10 – October 15, 2008 at Lutheran Community Services Office, 605 SE 39<sup>th</sup> St. *This will be a Russian-language Living Well program.* Workshop is free and open to the Russian-speaking public; family/support people are welcome. For more information or to register contact Pierre Morin at 503-231-7480 ext. 662.
- September 29 - November 3, 2008 from 1-3:30 pm at the YWCA in Gresham. Workshop is free and open to the public; family/support people are welcome. For more information or to register contact Lisa Hummell or Kristina John Baptist at 503-988-3840.
- October 1- November 5, 2008 from 6:00 – 8:30 pm at OHSU Center for Women’s Health, Kohler Pavilion, 808 SW Campus Dr. Workshop fee is \$30; scholarships are available. Open to the public and family/support people are welcome. For more information or to register contact Lisa Nielson at 503-418-4469 or email: [nielsonl@ohsu.edu](mailto:nielsonl@ohsu.edu)

**Washington County**

**Hillsboro:**

- September 16 – October 21, 2008 from 10-12:30 pm at Tuality Healthcare Community Education Center, 334 SE 8<sup>th</sup> Ave. Workshop fee is \$50; scholarships are available. Open to the public and family/support people are welcome. For more information or to register contact Amanda Brown at 503-681-1704 or [Amanda.brown@tuality.org](mailto:Amanda.brown@tuality.org)

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- (*Tomando*) October 10 – November 16, 2008 from 10-12:30 pm at Tuality Healthcare Community Education Center, 334 SE 8<sup>th</sup> Ave. Workshop fee is \$50; scholarships are available. Open to the public and family/support people are welcome. For more information or to register contact Amanda Brown at 503-681-1704 or [Amanda.brown@tuality.org](mailto:Amanda.brown@tuality.org)