

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

List updated October 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

- October 15 – November 19, 2008 from 1:30-4:00 pm at Benton County Public Health, 530 NW 27th 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.
- November 18 – December 23, 2008 from 1:30-4:00 pm at Samaritan Internal Medicine, Corvallis. Free, open to the public, and family/support people are welcome. For more information or to register, contact Patti Dunning at 541-768-5693 or padduning@samhealth.org

Deschutes County

Bend:

- (*Tomando Control*) October 1 – November 5, 2008 from 5:00-7:30 pm at the Latino Community Association, 1130 NW Harriman St. Workshop is free and open to the public; family/support people are welcome. For more information or to register, please contact Julia Fleet at 541-678-8463 or juliaf@latca.org
- October 8 – November 12, 2008 from 1:30- 4:00 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
- October 9 – November 13, 2008 from 2:30-5:00 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 \$10; scholarships are available. 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.

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Sisters

- October 10 – November 11, 2008 from 10:00 am – 12:30 pm at the Episcopal Church of the Transfiguration, 68825 Brooks Camp 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

Jackson County

- 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
- October 23 – December 4, 2008 from 2:00-4:30 pm at Avamere Health and Fitness Club at Waterford. 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
- January 14-February 18, 2009 from 3:00-5:30 pm at Jackson County Mental Health, Medford. For more information or to register contact Bernadette Maziarski at 541-864-9611 or email: information@sohealthyoregon.org
- April 1-May 6, 2009 from 3:00-5:30 pm at Jackson County Mental Health, Medford. For more information or to register contact Bernadette Maziarski at 541-864-9611 or email: information@sohealthyoregon.org
- June 3-July 8, 2009 from 3:00-5:30 pm at Jackson County Mental Health, Medford. For more information or to register contact Bernadette Maziarski at 541-864-9611 or email: information@sohealthyoregon.org

Josephine County

- February 4-March 11, 2009 from 1:00-3:30 p.m. at the OSU Extension Center, East Auditorium, Grants Pass. For more information or to register contact Bernadette Maziarski at 541-864-9611 or email: information@sohealthyoregon.org

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Klamath County

- October 16 – November 20, 2008 from 10:00 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.

Lane County

Eugene:

- 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: bcriidland@peacehealth.org
- (*PSMP*) October 7 – November 25, 2008 from 1:30-4:00 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: bcriidland@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: bcriidland@peacehealth.org
- October 27 – December 1, 2008 from 6-8:30 pm at Calvary Open Bible, 1116 Centennial Blvd. 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: bcriidland@peacehealth.org

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Lincoln County

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

Waldport:

- October 16 – November 20, 2008 from 8:30-11:00 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

Yachats:

- October 8 – November 11, 2008 from 1:00-3:30 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

Linn County

- October 22 – November 26, 2008 from 1:00-3:30 pm at 1st United Methodist Church, 1115 St. SW, Albany. Free, open to the public and family/support people are welcome. For more information or to register contact Carole Kment at 541-451-6466 or ckment@samhealth.org
- January 1 – February 10, 2009 from 1:00-3:30 pm at Lebanon Community Hospital, Santiam Highway, Lebanon. Free, open to the public and family/support people are welcome. For more information or to register contact Carole Kment at 541-451-6466 or ckment@samhealth.org
- February 17 – March 24, 2009 from 10:00 am-12:30 pm at Linn Benton Community College, Lebanon Campus. Free, open to the public and family/support people are welcome. For more information or to register contact Carole Kment at 541-451-6466 or ckment@samhealth.org

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- March 31 – May 5, 2009 from 5:30-8:00 pm at Albany General Hospital, 620 Elm St SW, Albany. Free, open to the public and family/support people are welcome. For more information or to register contact Carole Kment at 541-451-6466 or ckment@samhealth.org
- April 8 – May 13, 2009 from 5:30-8:00 pm at Linn Benton Community College, Sweet Home Campus, Sweet Home. Free, open to the public and family/support people are welcome. For more information or to register contact Carole Kment at 541-451-6466 or ckment@samhealth.org

Multnomah County

- October 9 – November 13, 2008 from 10:00 am – 12:30 pm at Cancer Care Resources, 439 N. Broadway. Workshop is free and open to the public, but is focused on cancer patients and coping with cancer as a chronic illness; family/support people are welcome. For more information or to register contact Joan Heimbigner at 503-528-5236 or jaon@cancerresources.org
- (*PSMP*) October 16 – November 27, 2008 from 5:00-7:30 pm at the McCoy Building, 426 SW Stark Ave, 4th floor. Workshop is free and open to the public; family/support people are welcome. For more information or to register contact Kate Powell at 503-988-5020 ext 4, or katharyn.c.langley-powell@co.multnomah.or.us

Washington County

- (*Tomando*) October 10 – November 16, 2008 from 10:00-12:30 pm at Tuality Healthcare Community Education Center, 334 SE 8th 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