



Healthy People, Healthy Communities Providing Better Care at Lower Cost

Stanford Evidence-Based Self-Management Programs

Portland Metro Area

Clackamas County

For information or to be placed on a waiting list for upcoming workshops, please contact Jennifer Jungenberg at 503-650-5724 or jjungenberg@co.clackamas.or.us.

Columbia County

Type	Dates and Times	Location	City	Contact
Chronic Disease Self-Management	Dates: February 21-March 28 Day: Tuesdays Time: 9-11:30 a.m.	Plymouth Presbyterian Church	St. Helens	503-397-4651 X2007
Chronic Disease Self-Management	Dates: February 22-March 29 Day: Wednesdays Time: 1-3:30 p.m.	Scappoose Library	Scappoose	503-397-4651 X2007

For information or to be placed on a waiting list for upcoming workshops, please contact Ashley Baggett at 503-397-4651 x2007 or abaggett@tphfcc.org.

Multnomah County

Type	Dates and Times	Location	City	Contact
Manejo Personal de la Diabetes (Spanish)	Dates: March 4-April 8 Day: Saturday Time: 10 a.m.-12:30 p.m.	Augustana Lutheran Church	Portland	Adam 503-939-7622
Manejo Personal de la Diabetes (Spanish)	Dates: May 13-June 17 Day: Saturday Time: 10 a.m.-12:30 p.m.	Centro Cultural	Portland	Adam 503-939-7622
Manejo Personal de la Diabetes (Spanish)	Dates: July-August Day: TBD Time: 10 a.m.-12:30 p.m.	NorthWest Family Services	Portland	Adam 503-939-7622
Manejo Personal de la Diabetes (Spanish)	Dates: September 2-October 7 Day: Saturday Time: 10 a.m.-12:30 p.m.	Augustana Lutheran Church	Portland	Adam 503-939-7622

For information or to be placed on a waiting list for upcoming workshops, please visit <https://multco.us/services/healthy-aging-programs-and-classes> or contact Bethany Chamberlain at 503-988-8116 or Bethany.chamberlain@multco.us.



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Washington County

For information or to be placed on a waiting list for upcoming workshops, please contact

Delfina Hernandez at 503-216-7192 or Delfina.hernandez@providence.org.

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