



# 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](mailto:jjungenberg@co.clackamas.or.us).

#### Columbia County

Type	Dates and Times	Location	City	Contact
Chronic Disease Self-Management	<b>Dates:</b> February 21-March 28 <b>Day:</b> Tuesdays <b>Time:</b> 9-11:30 a.m.	Plymouth Presbyterian Church	St. Helens	503-397-4651 X2007
Chronic Disease Self-Management	<b>Dates:</b> February 22-March 29 <b>Day:</b> Wednesdays <b>Time:</b> 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](mailto:abaggett@tphfcc.org).

#### Multnomah County

Type	Dates and Times	Location	City	Contact
Manejo Personal de la Diabetes (Spanish)	<b>Dates:</b> March 4-April 8 <b>Day:</b> Saturday <b>Time:</b> 10 a.m.-12:30 p.m.	Augustana Lutheran Church	Portland	Adam 503-939-7622
Manejo Personal de la Diabetes (Spanish)	<b>Dates:</b> May 13-June 17 <b>Day:</b> Saturday <b>Time:</b> 10 a.m.-12:30 p.m.	Centro Cultural	Portland	Adam 503-939-7622
Manejo Personal de la Diabetes (Spanish)	<b>Dates:</b> July-August <b>Day:</b> TBD <b>Time:</b> 10 a.m.-12:30 p.m.	NorthWest Family Services	Portland	Adam 503-939-7622
Manejo Personal de la Diabetes (Spanish)	<b>Dates:</b> September 2-October 7 <b>Day:</b> Saturday <b>Time:</b> 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.chamberlin@multco.us](mailto:Bethany.chamberlin@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](mailto:Delfina.hernandez@providence.org).

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