



# Healthy People, Healthy Communities Providing Better Care at Lower Cost

## Stanford Evidence-Based Self-Management Programs

### Central Oregon

#### Crook County

For information or to be placed on a waiting list for upcoming workshops, please visit [www.livingwellco.org](http://www.livingwellco.org) or contact Sarah Worthington at 541-322-7446 or [sarah.worthington@deschutes.org](mailto:sarah.worthington@deschutes.org).

#### Deschutes County

Type	Dates and Times	Location	City	Contact
Chronic Disease Self-Management	<b>Dates:</b> February 15-March 22 <b>Day:</b> Wednesdays <b>Time:</b> 1:30-4 p.m.	Redmond Senior Center	Redmond	541-322-7446
Chronic Pain Self-Management	<b>Dates:</b> February 16-March 23 <b>Day:</b> Thursdays <b>Time:</b> 1-3:30 p.m.	La Pine Senior Center	La Pine	541-322-7446

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#### Jefferson County

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