



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 or contact Sarah Worthington at 541-322-7446 or sarah.worthington@deschutes.org.

Deschutes County

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

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Jefferson County

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