



Healthy People, Healthy Communities

Providing Better Care at Lower Cost

Stanford Evidence-Based Self-Management Programs Calendar

Northern Coast

Clatsop County

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For information or to be placed on a waiting list for upcoming workshops, please contact
503-967-1834 or health.promotion@nwsds.org.

Tillamook County

Type	Dates and Times	Location	City	Contact
Chronic Conditions Self-Management	Dates: April 5–May 10 Day: Wednesday Time: 1:30–4 p.m.	Herald Center	Tillamook	Ginny 503-815-2270
Diabetes Self-Management	Dates: May 18–June 22 Day: Thursdays Time: 1:30–4 p.m.	Herald Center	Tillamook	Ginny 503-815-2270

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This material was prepared by HealthInsight, the Medicare Quality Innovation Network-Quality Improvement Organization for Nevada, New Mexico, Oregon and Utah, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. 11SOW-B2-17-05.5-OR 4/5/17