



Healthy People, Healthy Communities Providing Better Care at Lower Cost

Stanford Evidence-Based Self-Management Programs Calendar

Central Oregon

Crook County

Type	Dates and Times	Location	City	Contact
Chronic Disease Self-Management	Dates: May 2—June 6 Day: Tuesday Time: 2-4:30 p.m.	Mosaic Community Meeting Room	Prineville	541-322-7446
Chronic Pain Self-Management	Dates: Oct 12—Nov 16 Day: Thursday Time: 2-4:30 p.m.	Crook County Health Department Community Room	Prineville	541-322-7446

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 Pain Self-Management	Dates: April 18—May 23 Day: Tuesday Time: 10-12:30 p.m.	Jefferson County Health Department	Madras	541-322-7446
Diabetes Self-Management	Dates: April 7—May 12 Day: Friday Time: 2-4:30 p.m.	East Bend Clinic	Bend	541-322-7446
Chronic Pain Self-Management	Dates: May 4—June 8 Day: Thursdays Time: 1-3:30 p.m.	La Pine Senior Center	La Pine	541-322-7446
Chronic Pain Self-Management	Dates: May 19—June 23 Day: Friday Time: 2-4:30 p.m.	Mosaic Complex Care Clinic	Bend	541-322-7446
Chronic Pain Self-Management	Dates: June 5—July 17 Day: Monday Time: 10-12:30 p.m.	Mosaic Medical Complex	Bend	541-322-7446
Spanish Diabetes Self-Management	Dates: June 6—July 11 Day: Tuesday Time: 5-7:30 p.m.	Madras Clinic	Madras	541-322-7446
Chronic Pain Self-Management	Dates: August 24 —Sept 28 Day: Thursdays Time: 2-4:30 p.m.	Redmond Annex Room	Redmond	541-322-7446



Healthy People, Healthy Communities Providing Better Care at Lower Cost

Type	Dates and Times	Location	City	Contact
Spanish Diabetes Self-Management	Dates: Nov 6—Dec 11 Day: Monday Time: 10-12:30 p.m.	Redmond Annex Room	Redmond	541-322-7446
Chronic Disease Self-Management	Dates: Oct 6—Nov 10 Day: Friday Time: 2-430 p.m.	Mosaic Complex Care Clinic	Bend	541-322-7446

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.

Jefferson 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.

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-B2-17-05.13OR 4/19/17