



# 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	<b>Dates:</b> May 2—June 6 <b>Day:</b> Tuesday <b>Time:</b> 2-4:30 p.m.	Mosaic Community Meeting Room	Prineville	541-322-7446
Chronic Pain Self-Management	<b>Dates:</b> Oct 12—Nov 16 <b>Day:</b> Thursday <b>Time:</b> 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](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 Pain Self-Management	<b>Dates:</b> April 18—May 23 <b>Day:</b> Tuesday <b>Time:</b> 10-12:30 p.m.	Jefferson County Health Department	Madras	541-322-7446
Diabetes Self-Management	<b>Dates:</b> April 7—May 12 <b>Day:</b> Friday <b>Time:</b> 2-4:30 p.m.	East Bend Clinic	Bend	541-322-7446
Chronic Pain Self-Management	<b>Dates:</b> May 4—June 8 <b>Day:</b> Thursdays <b>Time:</b> 1-3:30 p.m.	La Pine Senior Center	La Pine	541-322-7446
Chronic Pain Self-Management	<b>Dates:</b> May 19—June 23 <b>Day:</b> Friday <b>Time:</b> 2-4:30 p.m.	Mosaic Complex Care Clinic	Bend	541-322-7446
Chronic Pain Self-Management	<b>Dates:</b> June 5—July 17 <b>Day:</b> Monday <b>Time:</b> 10-12:30 p.m.	Mosaic Medical Complex	Bend	541-322-7446
Spanish Diabetes Self-Management	<b>Dates:</b> June 6—July 11 <b>Day:</b> Tuesday <b>Time:</b> 5-7:30 p.m.	Madras Clinic	Madras	541-322-7446
Chronic Pain Self-Management	<b>Dates:</b> August 24 —Sept 28 <b>Day:</b> Thursdays <b>Time:</b> 2-4:30 p.m.	Redmond Annex Room	Redmond	541-322-7446



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Spanish Diabetes Self-Management	<b>Dates:</b> Nov 6—Dec 11 <b>Day:</b> Monday <b>Time:</b> 10-12:30 p.m.	Redmond Annex Room	Redmond	541-322-7446
Chronic Disease Self-Management	<b>Dates:</b> Oct 6—Nov 10 <b>Day:</b> Friday <b>Time:</b> 2-430 p.m.	Mosaic Complex Care Clinic	Bend	541-322-7446

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### Jefferson County

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