



Healthy People, Healthy Communities

Providing Better Care at Lower Cost

Stanford Evidence-Based Self-Management Programs

Southern and South Central Oregon

Jackson County

Type	Dates and Times	Location	City	Contact
Chronic Disease Self-Management	Dates: February 12-April 9 Day: Thursdays Time: 2:30-5:30 p.m.	Rogue Community Health Center	Medford	541-864-9611

For information or to be placed on a waiting list for upcoming workshops, please visit
www.sohelthyoregon.org or contact livingwell@rvCog.org or 541-864-9611.

Josephine County

Type	Dates and Times	Location	City	Contact
Chronic Pain Self-Management	Dates: February 17-March 24 Day: Fridays Time: 10 a.m.-12:30 p.m.	YMCA	Grants Pass	541-864-9611
Chronic Pain Self-Management	Dates: March 1-April 5 Day: Wednesdays Time: 2-4:30 p.m.	Siskiyou Community Health Center	Cave Junction	541-864-9611
Chronic Disease Self-Management	Dates: March 15-April 19 Day: Wednesdays Time: 3-5:30 p.m.	Three Rivers Medical Center	Grants Pass	541-864-9611

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Klamath County

Type	Dates and Times	Location	City	Contact
Diabetes Self-Management	Dates: March 14-April 18 Day: Tuesdays Time: 1:30-4 p.m.	Pelican Pointe	Klamath Falls	541-274-7252
Chronic Disease Self-Management	Dates: March 22-April 26 Day: Wednesdays Time: 6-8:30 p.m.	Skylakes Outpatient Care Management	Klamath Falls	541-274-7252
Diabetes Self-Management	Dates: Week of May 14 Day: TBD Time: 1:30-4 p.m.	Klamath Senior Center	Klamath Falls	541-274-7252



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Type	Dates and Times	Location	City	Contact
Chronic Disease Self-Management	Dates: May 24- June 28 Day: Wednesdays Time: 6-8:30 p.m.	Skylakes Outpatient Care Management	Klamath Falls	541-274-7252
Diabetes Self-Management	Dates: July 11-August 15 Day: Tuesdays Time: 1:30-4 p.m.	Klamath Senior Center	Klamath Falls	541-274-7252

For information or to be placed on a waiting list for upcoming workshops, please contact Valerie Franklin at 541-274-7252 or Valerie.franklin@skylakes.org or visit the [Healthy Klamath website](#) for more information.

Lake County

For information or to be placed on a waiting list for upcoming workshops, please contact Kim Estes at kim.estes@klcaa.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-B2-17-05.4-OR 2/6/17