



## 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	<b>Dates:</b> February 12-April 9 <b>Day:</b> Thursdays <b>Time:</b> 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.sohealthyoregon.org](http://www.sohealthyoregon.org) or contact [livingwell@rvcog.org](mailto:livingwell@rvcog.org) or 541-864-9611.

##### Josephine County

Type	Dates and Times	Location	City	Contact
Chronic Pain Self-Management	<b>Dates:</b> February 17-March 24 <b>Day:</b> Fridays <b>Time:</b> 10 a.m.-12:30 p.m.	YMCA	Grants Pass	541-864-9611
Chronic Pain Self-Management	<b>Dates:</b> March 1-April 5 <b>Day:</b> Wednesdays <b>Time:</b> 2-4:30 p.m.	Siskiyou Community Health Center	Cave Junction	541-864-9611
Chronic Disease Self-Management	<b>Dates:</b> March 15-April 19 <b>Day:</b> Wednesdays <b>Time:</b> 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	<b>Dates:</b> March 14-April 18 <b>Day:</b> Tuesdays <b>Time:</b> 1:30-4 p.m.	Pelican Pointe	Klamath Falls	541-274-7252
Chronic Disease Self-Management	<b>Dates:</b> March 22-April 26 <b>Day:</b> Wednesdays <b>Time:</b> 6-8:30 p.m.	Skylakes Outpatient Care Management	Klamath Falls	541-274-7252
Diabetes Self-Management	<b>Dates:</b> Week of May 14 <b>Day:</b> TBD <b>Time:</b> 1:30-4 p.m.	Klamath Senior Center	Klamath Falls	541-274-7252



## Healthy People, Healthy Communities Providing Better Care at Lower Cost

Type	Dates and Times	Location	City	Contact
Chronic Disease Self-Management	<b>Dates:</b> May 24- June 28 <b>Day:</b> Wednesdays <b>Time:</b> 6-8:30 p.m.	Skylakes Outpatient Care Management	Klamath Falls	541-274-7252
Diabetes Self-Management	<b>Dates:</b> July 11-August 15 <b>Day:</b> Tuesdays <b>Time:</b> 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](mailto:Valerie.franklin@skylakes.org)  
or visit the [Healthy Klamath website](http://HealthyKlamath.org) 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@klcaaa.org](mailto:kim.estes@klcaaa.org).

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