



Healthy People, Healthy Communities

Providing Better Care at Lower Cost

Stanford Evidence-Based Self-Management Programs Calendar

Southern and South Central Oregon

Jackson County

Type	Dates and Times	Location	City	Contact
Manejo Personal de la Diabetes (Spanish)	Dates: April 27 — June 1 Day: Thursdays Time: 4 -6:30 p.m.	La Clinica Health Center	Phoenix	Ana Maria 541-690-3557
Chronic Disease Self-Management	Dates: June 1 — July 6 Day: Thursdays Time: 3 -5:30 p.m.	La Clinica Family & Women's Health Center	Medford	541-864-9611
Chronic Pain Self-Management	Dates: June 21 — July 26 Day: Wednesdays Time: 3 -5:30 p.m.	Teresa McCormick Center (Harry & David Campus)	Medford	541-864-9611

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

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Klamath County

Type	Dates and Times	Location	City	Contact
Diabetes Self-Management	Dates: May 17—June 21 Day: Wednesdays Time: 2-4:30 p.m.	Washington Federal Conference Center	Klamath Falls	541-274-7252
Diabetes Self-Management	Dates: May 24- June 28 Day: Wednesdays Time: 5:30-8 p.m.	Skylakes Outpatient Care Management	Klamath Falls	541-274-7252
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



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Chronic Disease Self-Management	Dates: Wk of July 16—Aug 15 Day: TBD Time: 5:30-8 p.m.	TBD	Klamath Falls	541-274-7252
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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 4/24/17