



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

### Stanford Evidence-Based Self-Management Programs Calendar

#### Willamette Valley

##### Lane County

For information or to be placed on a waiting list for upcoming workshops, please contact  
541-682-4103 or [livingwell@lcog.org](mailto:livingwell@lcog.org).

##### Marion County

Type	Dates and Times	Location	City	Contact
Diabetes Self-Management	<b>Dates:</b> March 10–April 14 <b>Day:</b> Fridays <b>Time:</b> 9:30 a.m.–Noon	Mission Professional Center	Salem	Jenn 503-587-5129
Diabetes Self-Management	<b>Dates:</b> March 22–April 26 <b>Day:</b> Wednesdays <b>Time:</b> 1:30–4 p.m.	Doctor's Clinic	Salem	Jenn 503-587-5129
Diabetes Self-Management	<b>Dates:</b> April 1–May 6 <b>Day:</b> Saturdays <b>Time:</b> 10 a.m.–12:30 p.m.	Community Health Education Center	Salem	Jenn 503-587-5129
Diabetes Self-Management	<b>Dates:</b> April 6–May 11 <b>Day:</b> Thursdays <b>Time:</b> 9–11:30 a.m.	Northwest Human Services – West Salem Clinic	Salem	Jenn 503-587-5129
Diabetes Self-Management	<b>Dates:</b> April 11– May 16 <b>Day:</b> Tuesdays <b>Time:</b> 9:30 a.m.–Noon	Salem Clinic - Main	Salem	Jenn 503-587-5129
Diabetes Self-Management	<b>Dates:</b> April 20–May 25 <b>Day:</b> Thursdays <b>Time:</b> 9:30 a.m.–Noon	Santiam Hospital	Salem	Jenn 503-587-5129

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503-967-1834 or [health.promotion@nwds.org](mailto:health.promotion@nwds.org).

##### Polk 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> 9:30 a.m.–Noon	Flaming Medical Center	Dallas	Jenn 503-587-5129
Diabetes Self-Management	<b>Dates:</b> April 6–May 11 <b>Day:</b> Thursdays <b>Time:</b> 9–11:30 a.m.	Northwest Human Services – West Salem Clinic	Salem	Jenn 503-587-5129

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### Yamhill County

Type	Dates and Times	Location	City	Contact
Chronic Disease Self-Management	<b>Dates:</b> March 8–April 12 <b>Day:</b> Wednesday <b>Time:</b> 9–11:30 a.m.	McMinnville Internal Medicine	McMinnville	Leslie 503-472-9002 X7316
Diabetes Self-Management	<b>Dates:</b> March 28–May 2 <b>Day:</b> Tuesdays <b>Time:</b> Noon–2:30 p.m.	Virginia Garcia – Newberg	Newberg	Hanna 503-883-4795
Diabetes Self-Management	<b>Dates:</b> March 30–May 4 <b>Day:</b> Thursdays <b>Time:</b> Noon–2:30 p.m.	Virginia Garcia – Newberg	Newberg	Jennifer 971-281-3000

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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-B2-17-05.6-OR 3/9/17