



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.

Marion County

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

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503-967-1834 or health.promotion@nwsds.org.

Polk County

Type	Dates and Times	Location	City	Contact
Diabetes Self-Management	Dates: March 14–April 18 Day: Tuesdays Time: 9:30 a.m.–Noon	Flaming Medical Center	Dallas	Jenn 503-587-5129
Diabetes Self-Management	Dates: April 6–May 11 Day: Thursdays Time: 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	Dates: March 8–April 12 Day: Wednesday Time: 9–11:30 a.m.	McMinnville Internal Medicine	McMinnville	Leslie 503-472-9002 X7316
Diabetes Self-Management	Dates: March 28–May 2 Day: Tuesdays Time: Noon–2:30 p.m.	Virginia Garcia – Newberg	Newberg	Hanna 503-883-4795
Diabetes Self-Management	Dates: March 30–May 4 Day: Thursdays Time: Noon–2:30 p.m.	Virginia Garcia – Newberg	Newberg	Jennifer 971-281-3000

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