



# Healthy People, Healthy Communities

## Providing Better Care at Lower Cost

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

#### Portland Metro Area

##### Clackamas County

For information or to be placed on a waiting list for upcoming workshops, please contact Jennifer Jungenberg at 503-650-5724 or [jjungenberg@co.clackamas.or.us](mailto:jjungenberg@co.clackamas.or.us).

##### Columbia County

Type	Dates and Times	Location	City	Contact

For information or to be placed on a waiting list for upcoming workshops, please contact Ashley Baggett at 503-397-4651 x2007 or [abaggett@tphfcc.org](mailto:abaggett@tphfcc.org).

##### Multnomah County

Type	Dates and Times	Location	City	Contact
Manejo Personal de la Diabetes (Spanish)	<b>Dates:</b> May 2-June 6 <b>Day:</b> Tuesdays <b>Time:</b> 6 p.m.- 8:30 p.m.	Edificio Rockwood	Portland	Matilde 503-421-2126
Manejo Personal de la Diabetes (Spanish)	<b>Dates:</b> May 13-June 17 <b>Day:</b> Saturday <b>Time:</b> 10 a.m.-12:30 p.m.	Centro Cultural	Portland	Adam 503-939-7622
Manejo Personal de la Diabetes (Spanish)	<b>Dates:</b> July-August <b>Day:</b> TBD <b>Time:</b> 10 a.m.-12:30 p.m.	NorthWest Family Services	Portland	Adam 503-939-7622
Manejo Personal de la Diabetes (Spanish)	<b>Dates:</b> September 2-October 7 <b>Day:</b> Saturday <b>Time:</b> 10 a.m.-12:30 p.m.	Augustana Lutheran Church	Portland	Adam 503-939-7622

For information or to be placed on a waiting list for upcoming workshops, please visit

<https://multco.us/services/healthy-aging-programs-and-classes>

or contact Bethany Chamberlain at 503-988-8116 or [Bethany.chamberlin@multco.us](mailto:Bethany.chamberlin@multco.us).

##### Washington County

Type	Dates and Times	Location	City	Contact
Tomando control de su salud (Spanish)	<b>Dates:</b> April 22—May 27 <b>Day:</b> Saturdays <b>Time:</b> 9 a.m.-11:30 p.m.	San Antonio	Tigard	Irma 503-473-3280



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

Type	Dates and Times	Location	City	Contact
Tomando control de su salud (Spanish)	<b>Dates:</b> May 17—June 22 <b>Day:</b> Wednesdays <b>Time:</b> 6 p.m.- 8:30 p.m.	St. Elizabeth Ann Seton	Aloha	Laura 503-372-5844

For information or to be placed on a waiting list for upcoming workshops, please contact  
Delfina Hernandez at 503-216-7192 or [Delfina.hernandez@providence.org](mailto:Delfina.hernandez@providence.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-B2-17-05.1-OR 4/24/17*