



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

## Stanford Evidence-Based Self-Management Programs

### Eastern Oregon

#### Baker County

For information or to be placed on a waiting list for upcoming workshops, please contact  
Rochelle Hamilton at 541-963-3186, 1-800-838-3186, or [Rochelle@ccno.org](mailto:Rochelle@ccno.org).

#### Grant County

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#### Morrow County

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#### Umatilla County

For information or to be placed on a waiting list for upcoming workshops, please contact  
541-667-3509.

#### Union County

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Rochelle Hamilton at 541-963-3186, 1-800-838-3186, or [Rochelle@ccno.org](mailto:Rochelle@ccno.org).

#### Wallowa County

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