



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.

Grant 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.

Morrow 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.

Umatilla County

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

Union 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.

Wallowa 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.

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-B2-17-05.2-OR 2/6/17