



Healthy People, Healthy Communities Providing Better Care at Lower Cost

Diabetes Self-Management Programs

Clatsop County

City	Type	Dates and Time	Location	Sponsor	Contact
Astoria	Diabetes Self-Management	Tuesdays: 11/24–12/29 Time: 10:00 a.m.–12:30 p.m.	Yamhill CCO	NWSDS	Cheryl 503-338-7564

For information or to be placed on a waiting list for upcoming workshops, please contact Ron Swanson at 503-967-1834 or ron.swanson@nwds.org.

Columbia County

For information or to be placed on a waiting list for upcoming workshops, please contact Erika Owen-McCann at ewen@tphfcc.org or 503-369-9753.

Curry County

For information or to be placed on a waiting list for upcoming workshops, please contact Lauren Champagne at livingwell@rvkog.org or 541-864-9611.

Jackson County

City	Type	Dates and Time	Location	Sponsor	Contact
Medford	Diabetes Self-Management	Wednesdays: 1/13–2/17 Time: 10:00 a.m. -12:30 p.m.	Medford Senior Center	RVCOG	541-864-9611 livingwell@rvkog.org
Medford	Chronic Disease Self-Management	Wednesdays: 1/13–2/17 Time: 10:00 a.m. -12:30 p.m.	Rogue Community Health	RVCOG	541-864-9611 livingwell@rvkog.org
Medford	Chronic Disease Self-Management	Wednesdays: 1/20–3/2 Time: 2:00 - 4:30 p.m.	YMCA	RVCOG	541-864-9611 livingwell@rvkog.org
Medford	Spanish Diabetes Self-Management	Mondays: 2/22–3/28 Time: TBA	La Clinica	RVCOG	541-864-9611 livingwell@rvkog.org

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Josephine County

City	Type	Dates and Time	Location	Sponsor	Contact
Grants Pass	Chronic Disease Self-Management	Wednesdays: 1/13–2/17 Time: 11:30 a.m. -2:00 p.m.	YMCA	RVCOG	541-864-9611 livingwell@rvcog.org
Grants Pass	Diabetes Self-Management	Thursdays: 1/21–2/25 Time: 10:30 a.m. –1:00 p.m.	Josephine Co DPH	RVCOG	541-864-9611 livingwell@rvcog.org

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Klamath County

City	Type	Dates and Time	Location	Sponsor	Contact
Klamath Falls	Chronic Disease Self-Management	Thursdays: 1/7–2/11 Time: 2:00—4:30 p.m.	Bank of the Cascades	SkyLakes	Gertie Dias 541-883-7171
Klamath Falls	Chronic Disease Self-Management	Tuesdays: 2/23–3/29 Time: 10:00 a.m. -12:30 p.m.	Faith Tabernacle	OSU Extension	Gertie Dias 541-883-7171

For information or to be placed on a waiting list for upcoming workshops, please contact Gertie Dias at 541-883-7171.

Lake County

For information or to be placed on a waiting list for upcoming workshops, please contact Kim Estes at kim.estes@klcaaa.org.

Lane County

City	Type	Dates and Time	Location	Sponsor	Contact
Eugene	Chronic Disease Self-Management	Fridays: 1/15–2/19 Time: 1:00–3:30 p.m.	Campbell Community Center	LCOG	livingwell@lcog.org
Eugene	Chronic Disease Self-Management	Fridays: 2/19-3/25 Time: 9:30 a.m. – 12:00 p.m.	Churchill Estates	LCOG	livingwell@lcog.org

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Tillamook County

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Yamhill County

City	Type	Dates and Time	Location	Sponsor	Contact
McMinnville	Diabetes Self-Management	Tuesdays: 11/24–12/29 Time: 2:30–5:00 p.m.	Yamhill CCO	NWSDS	Jennifer 503-376-7426

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