

Health & Wellness Classes in Clatsop County

March – April 2018



There may be a charge for some classes. Please call the contact person to pre-register as class schedules may change.

Physical Activity

Arthritis Aquatic Exercise

Place: Sunset Empire Parks &
Recreation-1140 Broadway St,
Seaside

Time: 9:00 am-10:00 am

Days: Mondays, Wednesdays, &
Fridays

Contact: 503-738-3311

Tai Chi: Moving for Better Balance

Place: Sunset Empire Parks &
Recreation-1140 Broadway St,
Seaside

Time: 2:00 pm-3:00 pm

Days: Mondays & Tuesdays

Contact: 503-738-3311

Strong Women. Strong Bones.

Place: Clatsop Community College
Patriot Hall
1651 Lexington Ave, Astoria

Time: 5:30 pm – 6:30 pm

Days: Mondays & Wednesdays

Dates: March 19 – June 6

Contact: 503-338-7564

Tai Chi: Moving for Better Balance

Place: Clatsop Community College
Patriot Hall
1651 Lexington Ave, Astoria

Time: 11:15 am – 12:15 pm

Days: Tuesdays & Thursdays

Dates: April 10 – May 31

Contact: 503-338-7564

Strong Women. Strong Bones.

Place: Clatsop Community College
Patriot Hall
1651 Lexington Ave, Astoria

Time: 10:00 am – 11:00 am

Days: Tuesdays & Thursdays

Dates: April 10 – May 31

Contact: 503-338-7564

QiGong & Gentle Movement Class

Place: OHSU Knight Cancer Center
Activity Space – Room 128
1905 Exchange St., Astoria

Time: 8:30 am – 9:30 am

Days: Wednesdays

Dates: Starting March 7

Contact: 503-338-4520

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Health Classes and Events

Living Well with Chronic Conditions

Place: OHSU Knight Cancer Center
Conference Room 108-
1905 Exchange St., Astoria
Time: 9:30 am – 12:00 pm
Days: Thursday
Dates: April 19 – May 24
Contact: 503-338-7564

Look Good, Feel Better

Place: OHSU Knight Cancer Center
Activity Room 128
1905 Exchange St., Astoria
Time: 5:30 pm – 7:30 pm
Date: Tuesday, March 13
Contact: 1-800-227-2345

Cancer: Thriving & Surviving

Place: OHSU Knight Cancer Center
Activity Room 128
1905 Exchange St., Astoria
Time: 9:30 am – 12:00 pm
Days: Mondays
Dates: April 16 – May 21
Contact: 503-338-7564

Understanding Your Grief

Place: CMH Columbia Center
2021 Marine Dr., Astoria
2nd Floor-Chinook Room
Time: 5:30 pm – 7:00 pm
Days: Thursdays
Dates: March 22 – May 10
Contact: 503-338-6230

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Groups

Community Mindfulness Group

Place: CMH Columbia Center
Coho Room
2021 Marine Dr, Astoria
Time: 7:00 am – 7:45 am
Days: Wednesdays
Dates: 2nd and 4th Wed of each month
Contact: 503-325-4321

Multiple Sclerosis Self Help Group

Place: Clatsop Retirement Village-
2nd floor 947 Olney Ave,
Astoria
Time: 12:00 pm – 1:00 pm
Days: 3rd Wednesday of each month
Contact: Marcy at 503-338-9383

Art as Therapy: Creativity Wellness

Place: OHSU Knight Cancer Center
Activity Room 128
1905 Exchange St., Astoria
Time: 3:00 pm – 4:30 pm
Days: Thursdays
Dates: Starting March 8
Contact: 503-338-4520

Cancer Support Group

Place: OHSU Knight Cancer Center
Activity Room 128
1905 Exchange St., Astoria
Time: 4:00 pm – 5:30 pm
Days: Tuesdays
Dates: 1st Tuesday of each month
Contact: 503-338-4589

WomenHeart Support Group

Place: CMH Columbia Center
Coho Room
2021 Marine Dr., Astoria
Time: 6:30 pm – 9:00 pm
Days: Wednesdays
Dates: 3rd Wednesday of each month
Contact: 503-325-4321

Breast Cancer Support Group

Place: OHSU Knight Cancer Center
1905 Exchange St., Astoria
Time: 4:30 pm – 6:00 pm
Days: Thursdays
Dates: 3rd Tuesday of each month
Contact: 503-338-4589