

Health & Wellness Classes in Clatsop County

September – October 2018



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

Health Classes and Events

Open House for the Diabetes Prevention Program

Do you have Pre-diabetes? Join us for an opportunity to learn more about this FREE program, meet the instructor and have your questions answered!

Thursday, September 20th from 1:00 – 2:00 pm at NorthWest Senior & Disability Services
2002 SE Chokeberry Ave, Warrenton

*For additional information or to register, contact Elaine at 503-967-1834 or
health.promotion@nswds.org*

Conference on Extraordinary Living for People age 50+

Place: Clatsop Community College
Columbia Hall
1651 Lexington Ave, Astoria
Time: 9:30 am – 1:30 pm
Date: Saturday, September 8
Register at 503-338-2566

Diabetes Prevention Program

Place: NorthWest Senior & Disability
Services-Warrenton Office
2002 SE Chokeberry Ave
Time: 1:00 pm – 2:00 pm
Days: Thursdays
Dates: September 27 – August 2019
Register with Elaine at 503-967-1834

Living Well with Diabetes

Place: CMH Columbia Center
2021 Marine Drive, Astoria
Time: 1:00 – 3:30 pm
Days: Tuesdays
Dates: October 23 – November 27
Register at 503-338-7564

Understanding Your Grief

Place: CMH Columbia Center
2021 Marine Dr., Astoria
2nd Floor-Chinook Room
Time: 5:30 -7:00 pm
Days: Thursday, September 20
Dates: September 13 – November 1
Register with Mark at 503-338-6230

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Physical Activity Classes

Tai Chi: Moving for Better Balance – 8 Week Program

Place: Clatsop Community College
Patriot Hall
1651 Lexington Ave, Astoria
Time: 11:15 am – 12:15 pm
Days: Tuesdays & Thursdays
Dates: October 23 – December 13
Register at 503-338-7564

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
To register, call 503-738-3311

Strong Women, Strong Bones – 8 Week Program

Place: Clatsop Community College
Patriot Hall
1651 Lexington Ave, Astoria
Time: 10:00 am – 11:00 am
Days: Tuesdays & Thursdays
Dates: October 23 – December 13
Register at 503-338-7564

Arthritis Aquatic Exercise

Place: Sunset Empire Parks &
Recreation-1140 Broadway St,
Seaside
Time: 9:00 am-10:00 am
Days: Mondays, Wednesdays, &
Fridays
To register, call 503-738-3311

QiGong & Gentle Movement Class

Place: OHSU Knight Cancer Center
Activity Room 128
1905 Exchange St., Astoria
Time: 8:30 am – 9:30 am
Days: Wednesdays
To register, call 503-338-4520

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Groups

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
*For more information, call
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
*For more information, call Mari at
503-338-4589*

Multiple Sclerosis Self Help Group

Place: Clatsop Retirement Village-
2nd floor 947 Olney Ave,
Astoria
Time: 12:00 pm – 1:30 pm
Days: 3rd Wednesday of each month
*For more information, call Marcy at
503-338-9383*

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
*For more information, call Mari at
503-338-4589*

Nutrition Basics 4 Cancer

OHSU Knight Cancer Center, Activity Room 128 – 1905 Exchange St., Astoria
1st Wednesday of each month from 11:00 am – 12:00 pm

This class is open to all current and former patients of the CMH Cancer Center and their families. For more information, call 503-338-4520

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Groups (Cont.)

Women Heart 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
*For more information, call
503-338-8435*

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
*For more information, call
503-338-4520*