

Health & Wellness Classes in Clatsop County

January 2018 – February 2018



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

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

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

Walk with Ease-Virtual Class

Time: 9:30 am-10:00 am

Days: Mondays and Wednesdays

Dates: January 8 – February 14

Contact: 541-572-5263

Register online at

<http://walk.oregonstate.edu>

Strong Women, Strong Bones- 5 Week Program

Place: Clatsop Community College
(Patriot Hall)

1651 Lexington Ave, Astoria

Time: 5:30 pm – 6:30 pm

Days: Mondays & Wednesdays

Dates: January 8 – February 14

Contact: 503-338-7564

Understanding Your Grief

Place: CMH Columbia Center
2nd floor in the Chinook Room
2021 Marine Dr, Astoria

Time: 5:30 pm – 7:00 pm

Days: Thursdays

Dates: January 11 – March 1

Contact: Mark at 503-338-6230

Strong Women, Strong Bones- 7 Week Program

Place: Clatsop Community College
(Patriot Hall)

1651 Lexington Ave, Astoria

Time: 10:00 am – 11:00 am

Days: Tuesdays and Thursdays

Dates: February 13 – March 29

Contact: 503-338-7564

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Living Well with Diabetes

Place: CMH Columbia Center
21021 Marine Drive, Astoria
Time: 10:00 am – 12:30 pm
Days: Tuesdays
Dates: February 13 – March 20
Contact: 503-338-7564

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

Tai Chi: Moving for Better Balance

Place: Clatsop Community College
1651 Lexington Ave
Patriot Hall, Room 305
Time: 11:15 am – 12:15 pm
Days: Tuesdays and Thursdays
Dates: February 13 – March 29
Contact: 503-338-7564

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