

Health & Wellness Classes in Clatsop County

February – March 2019



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

Diabetes Prevention Program

Do you have Pre-diabetes? Northwest Senior & Disability Services will be offering this FREE year long lifestyle change program to eligible participants. Qualified individuals will receive a Fitbit at no cost!

For additional information or to register, please call 1-866-691-3469 or visit <https://www.solera4me.com/healthinsight>

Living Well with Chronic Conditions

Place: CMH-OHSU Knight Cancer Collaborative, Cancer Center Activity Room
1905 Exchange St, Astoria

Time: 9:30 am – 12:00 pm

Days: Thursdays

Dates: February 14 – March 21

For more information or to register, please call 503-338-7564

Diabetes Prevention Program

Place: Northwest Senior & Disability
2002 Chokeberry Ave SE
Warrenton

Time: 1:00 – 2:00 pm

Days: Thursdays

Dates: February 28 – Jan 2020

For more information or to register, please contact Elaine at 503-967-1834 or health.promotion@nwds.org

The Savvy Caregiver Program

Place: Northwest Senior & Disability
2002 SE Chokeberry Ave
Warrenton

Time: 10:00 am – 12:00 pm

Days: Fridays

Dates: February 8 – March 15

For more information or to register, please call Suzanne at 503-861-4202

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Physical Activity Classes

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 **4 Week Program**

Place: Clatsop Community College
Patriot Hall
1651 Lexington Ave, Astoria
Time: 10:00 am – 11:00 am
Days: Tuesdays & Thursdays
Dates: March 5th – March 28th

*For more information or to register,
visit columbiamemorial.org, call 503-
338-7564 or email
cham@columbiamemorial.org*

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

Tai Chi: Moving for Better Balance – **4 Week Program**

Place: Clatsop Community College
Patriot Hall
1651 Lexington Ave, Astoria
Time: 11:15 am – 12:15 pm
Days: Tuesdays & Thursdays
Dates: March 5th – March 28th

*For more information or to register,
visit columbiamemorial.org, call 503-
338-7564 or email
cham@columbiamemorial.org*

Tai Chi: Moving for Better Balance – **4 Week Program**

Place: Clatsop Community College
Patriot Hall
1651 Lexington Ave, Astoria
Time: 12:30 – 1:30 pm
Days: Tuesdays & Thursdays
Dates: March 5th – March 28th

*For more information or to register,
visit columbiamemorial.org, call 503-
338-7564 or email
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Physical Activity (continued)

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

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*

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Groups (Continued)

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

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*

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*

Astoria Senior Men's Discussion

Place: Astoria Senior Center
1111 Exchange St, Astoria
Time: 11:30 am – 1:00 pm
Days: Wednesdays
Dates: 1st Wednesday of each month
*Free lunch provided! For more
information, call 503-325-3231*

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*