

Health & Wellness Classes in Marion 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.

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>

Diabetes Prevention Program

Place: Center 50 +
2615 Portland Rd NE, Salem
Time: 8:00 am – 9:00 am
Days: Tuesdays
Dates: Jan. 23, 2018 – Jan 2019
Contact: Elaine at 503-967-1834

Alzheimer's Network Conference: Knowledge is Power

Place: Keizer Community Center
930 Chemawa Rd. NE, Keizer
Time: 9:00 am – 4:00 pm
Date: January 24th
Contact: 503-364-8100

Thriving and Surviving Cancer

Place: Salem Health-Building A
6th Floor Conference Room
890 Oak St. SE, Salem
Time: 5:15 pm – 7:45 pm
Days: Wednesdays
Dates: January 31 – March 7
Contact: Elaine at 503-967-1834

Living Well with Chronic Pain

Place: Salem Greene Estates
Office/Clubhouse
4730 Auburn Rd. NE, Salem
Time: 9:00 am – 11:30 am
Days: Fridays
Dates: February 2 – March 9
Contact: Elaine at 503-967-1834

Thriving and Surviving Cancer

Place: Woodburn Senior Center
700 N Cascade Dr., Woodburn
Time: 12:00 pm – 2:30 pm
Days: Mondays
Dates: February 5 – March 19
Contact: Elaine at 503-967-1834

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South Salem Caregiver Connection

Place: Terrace Lake Park Clubhouse
2120 Robbins Ln SE, Salem

Time: 2:00 pm – 3:30 pm

Days: Wednesdays

Dates: 4th Wednesday of each month

Contact: Suzy at 503-304-3429 or
Julie at 503-304-3432

Silverton Caregiver Connection

Place: Legacy Silverton Medical
Center - Room G (2nd floor)
342 Fairview St, Silverton

Time: 2:00 pm – 3:30 pm

Days: Tuesdays

Dates: 1st Tuesday of each month

Contact: Suzy at 503-304-3429

North Salem Caregiver Connection

Place: Northwest Senior & Disability
Services
3410 Cherry Ave. NE, Salem

Time: 1:00 pm – 2:30 pm

Days: Tuesdays

Dates: 4th Tuesday of each month

Contact: Julie at 503-304-3432

Parenting Second Time Around

Place: Northwest Senior & Disability
Upstairs Conference Room
3410 Cherry Ave. NE, Salem

Time: 10:30 am – 12:30 am

Dates: 3rd Monday of each month

Contact: Suzy at 503-304-3429

Mended Hearts

Place: Community Health Education
Center-Building D (1st floor)
939 Oak St SE, Salem

Time: 2:00 pm – 3:30 pm

Dates: 1st Monday of each month

Contact: Julie at 503-814-1720

Depression and Bipolar Support Group

Place: Salem Hospital, Building B
Room B 1-2
665 Winter St SE, Salem

Time: 6:30 pm – 8:30 pm

Days: 1st Wednesday of each month

Contact: Marta at 503-588-8242

Diabetes Support

Place: First Presbyterian Church
770 Chemeketa St NE-Salem

Time: 7:00 pm

Dates: 4th Thursday of each month

Contact: 503-585-1335

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Understanding Alzheimer's disease:

Family Caregiver Seminar

Place: Center 50+
2615 Portland Rd NE, Salem
Time: 2:00 pm – 4:00 pm
Dates: 4th Monday of each month
Contact: 503-588-6303

Cancer Support Group

Place: Salem Hospital-Building D
1st floor Support Group Room
939 Oak St SE, Salem
Time: 5:30 pm -7:00 pm
Dates: 2nd Wednesday of each
month
Contact: 503-814-2432

Stroke Support Group

Place: Salem Hospital-Building D
939 Oak Street
Time: 1:00 pm – 3:30 pm
Dates: 2nd Friday of each month
Contact: Scott at 503-838-6868

Living with Alzheimer's: For Caregivers-Middle Stage

Place: West Valley Hospital
Time: 1:00 pm – 2:30 pm
Dates: 3rd Tuesday of each month
Contact: 1-800-272-3900

Dementia Support Group

Place: Heartwood Place Memory
Care-
N Boones Ferry Rd, Woodburn
Time: 2:00 pm – 3:30 pm
Days: Thursdays
Dates: 3rd Thursday of each month
Contact: 503-980-9990

Parkinson's Support Group

Place: Trinity Covenant Church
5020 Liberty Rd S, Salem
Time: 2:00 pm
Dates: 2nd Tuesday of each month
Contact: Jim at 503-364-8520 or
Jean at 503-364-3084

Free Legal Friday

Place: Alzheimer's Network
2673 12th St SE, Salem
Time: 9:00 am – 12:00 pm
Dates: 4th Friday of each month
Contact: 503-364-8100

Just Walk

Various locations and times within
Salem and Keizer. Please call 503-
373-3760, email
justwalksalem@gmail.com or visit
www.justwalksalem.com