

# Health & Wellness Classes in Polk 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>

### **Living Well with Chronic Conditions**

Place: Dallas Retirement Village  
Chapel – 377 NW Jasper St.  
Time: 9:00 am – 11:30 am  
Days: Tuesdays  
Dates: January 16 – February 20  
Contact: Elaine at 503-967-1834

### **What to do When Nothing Works:**

#### **Real Solutions in Dementia Care**

Place: Confederated Tribes of Grand  
Ronde, Tribal Gym  
9615 Grand Ronde Rd.  
Time: 11:30 am – 4:00 pm  
Date: Thursday, January 18  
Contact: Suzy at 503-304-3429  
Julie at 503-304-3432

### **Dallas Caregiver Connection**

Place: West Valley Hospital  
525 SE Washington St, Dallas  
Front Conference Room  
Time: 2:00 – 3:30 pm  
Days: 2<sup>nd</sup> Tuesday of each month  
Contact: Suzy at 503-304-3429 or  
Julie at 503-304-3432

### **Monmouth Caregiver Resources**

Place: Monmouth Senior Center  
180 Warren St S, Monmouth  
Time: 2:00 – 3:30 pm  
Days: 1<sup>st</sup> Monday of each month  
**(Cancelled in January)**  
Contact: Suzy at 503-304-3429 or  
Julie at 503-304-3432

### **Polk Community Free Clinic**

Place: Trinity Lutheran Church  
320 SE Fir Villa Rd, Dallas  
Time: 8:00 am – 12:00 pm  
Days: 1<sup>st</sup> and 4<sup>th</sup> Sat of each month  
Contact: 503-831-0551

### **Diabetes Day-2-Day**

Place: West Valley Hospital  
525 SE Washington St, Dallas  
Time: 3:00 pm – 4:00 pm  
Days: 3<sup>rd</sup> Wednesday of each month  
Contact: 503-585-1335