

# Health & Wellness Classes in Polk 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 instructors and have your questions answered!

Place: Monmouth Senior Center, 180 Warren St S, Monmouth

Date: Thursday, September 27      Time: 10:00 am – 11:00 am

*Contact Elaine with any questions, or to register for the class at 503-967-1834*

#### **Diabetes Prevention Program**

Place: Monmouth Senior Center  
180 Warren St S, Monmouth

Time: 10:00 am – 11:00 am

Days: Thursdays

Dates: October 4 – September 2019

*For more information or to register,  
call 503-967-1834*

#### **Minimizing Medication Risks and Maximizing Quality of Life**

**Safe Medication Series for Family  
Caregivers**

Place: NorthWest Senior & Disability  
Services – Dallas Office  
260 NE Kings Valley Highway

Time: 2:00 pm – 3:30 pm

Date: Thursday, September 27

*To register, call 1-800-930-6851 or  
visit [www.OregonCarePartners.com](http://www.OregonCarePartners.com)*

#### **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

*For more information, call  
503-831-0551*

#### **Welcome to Medicare**

Place: Monmouth Senior Center  
180 Warren St S, Monmouth

Time: 10:00 am – 12:00 pm

Date: Tuesday, October 9<sup>th</sup>

*To register, please call 503-304-3653*

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### Physical Activity

#### **LIVESTRONG**

Place: Monmouth-Independence  
YMCA  
870 N Main St, Independence  
Time: 11:00 am – 12:30 pm  
Days: Tuesdays & Fridays  
This FREE class starts September 4th  
*To register, call 503-581-9622*

#### **Enhance Fitness**

Place: Monmouth-Independence  
YMCA  
870 N Main St, Independence  
Time: 9:30 am – 10:30 am  
Days: Mon, Wed, and Fri  
16 week session-you can join anytime  
*To register, call 503-581-9622*

### Groups

#### **Care & Caregiver Resources**

Place: Monmouth Senior Center  
180 Warren St S, Monmouth  
Time: 2:00 – 3:30 pm  
Days: 2<sup>nd</sup> Monday of each month  
*For more information, call Amy at  
503-606-7620*

#### **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  
*For more information, call  
503-585-1335*

#### **Dallas Caregiver Connection**

West Valley Hospital, Front Conference Room - 525 SE Washington St, Dallas  
Time: 2:00 – 3:30 pm Days: 2<sup>nd</sup> Tuesday of each month  
*For more information, call Amy at 503-606-7620*