

Health & Wellness Classes in Polk County

March – April 2018



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

Physical Activity and Health Classes

Tai Chi: Moving for Better Balance

Place: Monmouth Senior Center
180 Warren St S, Monmouth
Time: 3:00 pm – 4:00 pm
Days: Every Monday
Contact: 503-838-5678

Tai Chi: Moving for Better Balance

Place: Pioneer Village Social Hall
375 Taybin Rd NW, Salem
Time: 1:00 pm – 2:00 pm
Days: Tuesdays and Thursdays
Dates: March 6 – May 24
Contact: Elaine at 503-967-1834

The Diabetes Prevention Program

Place: Monmouth Senior Center
180 Warren St S, Monmouth
Time: 1:00 pm – 2:00 pm
Days: Thursdays
Dates: April 11, 2018 – March 2019
Contact: 503-967-1834

Groups

Monmouth Caregiver Resources

Place: Monmouth Senior Center
180 Warren St S, Monmouth
Time: 2:00 – 3:30 pm
Days: 1st Monday of each month
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: 1st and 4th Sat of each month
Contact: 503-831-0551

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Dallas Caregiver Connection

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

Diabetes Day-2-Day

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