

Health & Wellness Classes in Polk 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 Physical Activity

Aging Mastery Program For Caregivers

This 12 class program helps caregivers to understand the importance of taking care of themselves so that they can care for their loved ones. In this program, individuals will be asked to think about the joys and burdens of being a caregiver. In addition, participants will incorporate the 'aging mastery' approach to chart a personal pathway for aging well.

NW Seniors & Disability Services – 260 NE Kings Hwy – Dallas

Fridays, March 15th – May 31st 9:30 am – 11:00 am

*This **free** class includes a gift bag, snacks and incentives!*

For more information or to register, please call Amy at 503-606-7620

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

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

LIVESTRONG

Place: Monmouth-Independence
YMCA

870 N Main St, Independence

12 week sessions begin regularly.

*For more information or to register,
call 503-581-9622*

Brain Agility Series

Place: Capitol Manor
1955 Dallas Hwy NW, Salem

Time: 10:00 am – 11:00 am

Day: Thursdays

Dates: March 21st – May 2nd

*To register, call
503-814-2432 or register online at
salemhealth.org/CHEC*

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Groups

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

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

Alzheimer's Support Group

Place: Dallas Retirement Village
Health Center-377 SE Jasper
Time: 2:00 – 3:30 pm
Days: 3rd Tuesday of each month

*For more information, call
503-623-5581*

Dallas Caregiver Connection

Place: West Valley Hospital
525 SE Washington St, Dallas
Time: 2:00 pm – 3:30 pm
Days: 2nd Tuesday of each month
starting Feb 13th

*For more information, call
Amy at 503-606-7620*

Alzheimer's Support Group

Place: Windsong at Eola Hills
2030 Wallace Rd NW, Salem
Time: 3:30 pm – 4:30 pm
Days: 4th Friday of each month

*For more information or to register,
call 503-302-6934*