

Health & Wellness Classes in Tillamook 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

One Stop Resource Shop

All the resource you may need!

Place: Nestucca Rural Fire and
Rescue Station

30710 US-101, Hebo

Time: 4:00 pm – 6:00 pm

Date: Wednesday, September 19

*For more information, call Stacie at
503-815-2062*

Cooking Matters

Place: OSU Extension Service
4506 3rd St, Tillamook

Time: 10:00 am – 1:30 pm

Days: Tuesdays

Dates: Sept 18 – Oct 23

*To register, call Stacie at
503-815-2062*

Living Well with Chronic Conditions

Place: The Herald Center

2710 1st St, Tillamook

Time: 1:30 pm – 4:00 pm

Days: Tuesdays

Dates: Sept 11 – Oct 16

*For more information, call
503-815-2270*

Savvy Caregiver

Place: Northwest Senior & Disability
5010 3rd St, Tillamook

Time: 10:00 am – 12:00 pm

Days: Wednesdays

Dates: Sept 5 – Oct 3

*To register, call Stacie at
503-815-2062*

Complete Health Improvement Program (CHIP) - Information and Registration Session

Place: Tillamook Seventh-Day
Adventist Church

2610 1st Ave, Tillamook

Time: 6:30 pm – 7:30 pm

Dates: Thursday, Sept 6

*For more information, call Ginny at
503-815-2270*

Complete Health Improvement Program (CHIP) - Information and Registration Session

Place: Tillamook Seventh-Day
Adventist Church

2610 1st Ave, Tillamook

Time: 6:30 pm – 7:30 pm

Dates: Tuesday, Sept 11

*For more information, call Ginny at
503-815-2270*

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Health Classes and Events (Cont.)

Complete Health Improvement Program (CHIP)

Place: Tillamook Seventh-Day Adventist Church
2610 1st Ave, Tillamook

Time: 5:45 pm – 8:30 pm

Days: Mondays

Dates: Sept 17 – Oct 26

*For more information, call Ginny at
503-815-2270*

Diabetes Undone Interactive Workshop

Place: Tillamook Seventh-Day Adventist Church
2610 1st Ave, Tillamook

Time: 6:30 pm – 8:30 pm

Days: Wednesdays

Dates: Sept 12 – Oct 31

*For more information, call Ginny at
503-815-2270*

Living Well with Chronic Pain

Place: The Herald Center
2710 1st St, Tillamook

Time: 1:30 pm – 4:00 pm

Days: Wednesdays

Dates: Oct 10 – Nov 14

*For more information, call
503-815-2270*

Living with Cancer: Thriving and Surviving

This 6 week workshop is designed to help cancer survivors to live more active and fulfilling lives. Open to all cancer survivors and caregivers. Time and place to be determined.

*For more information, call Ginny at
503-815-2270*

Turn Your Health Around: Be Your Own Best Medicine

Place: Tillamook Seventh-Day Adventist Church
2610 1st Ave, Tillamook

Time: 6:30 pm – 7:30 pm

Date: Thurs, Sept 6 and Tue, Sept 11

To register, call 503-815-2270

Savvy Caregiver

Place: To Be Determined

Time: 10:00 am – 12:00 pm

Days: Tuesdays

Dates: October 16 – November 27

*To register, call Stacie at
503-815-2062*

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Physical Activity

Step it Up! For Cancer Survivors and Their Family and Friends

Neah-Kah-Nie High School Track – 24705 N. Highway 101, Rockaway Beach
Every Tuesday from 8:00 am – 8:30 am

Tillamook County/OSU Extension Office – 4506 3rd St, Tillamook
Mondays & Wednesdays from 9:30 am – 1:00 am

Tillamook YMCA – 610 Stillwell Ave, Tillamook
Tuesdays & Thursdays from 7:00 am – 7:30 am and from 12:15 pm – 12:45 pm

Bud's Fitness Trail/Tillamook Junior High School – 3906 Alder Lane, Tillamook
Every Saturday from 9:00 am – 9:30 am

Kiawanda Community Center – 34600 Cape Kiwanda Drive, Pacific City
Mondays from 3:15 pm – 3:45 pm and Wednesdays from 10:00 am – 10:30 am

For more information and to register, contact Kevin at kclark@co.tillamook.or.us or 503-842-3900 ext. 4010

Groups

Brain Injury Support Group

Place: Tillamook County Library
1716 3rd St, Tillamook

Time: 2:30 pm – 3:30 pm

Days: Tuesdays

Dates: 2nd Tuesday of each month

*For more information, call Marshall
at 616-789-5121*

Grief Support Group

Place: Tillamook Regional Medical
Center – Conference Room A
1000 3rd St, Tillamook

Time: 3:00 pm – 4:30 pm

Dates: 1st & 3rd Tues of each month

*For more information, call Ginny at
503-815-2270*

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Groups (Cont.)

Diabetes and All That Jazz Support Group

Place: Tillamook Regional Medical Center – Conference Room A
1000 3rd St, Tillamook
Time: 1:30 pm – 3:00 pm
Dates: 2nd Tuesday of each month
For more information, call Ginny at 503-815-2270

Grief Support Group

Place: Office Bldg behind Calvary Bible Church, Corner of 5th & 506 Lanada Ave, Manzanita
Time: 11:00 pm – 12:30 pm
Dates: 1st & 3rd Tues of each month
For more information, call Ginny at 503-815-2270

Family Caregiver Support Group

Place: NWSDS-Tillamook
5010 3rd St, Tillamook
Time: 1:30 pm – 4:30 pm
Days: Wednesday
Dates: 2nd Wed of each month
For more information, call Stacie at 503-842-2770

Alzheimer's Support Group

Place: Tillamook Adventist Church
2610 1st St, Tillamook
Time: 10:30 am-12:00 pm
Days: Wednesdays
Dates: 4th Wed of each month
Pre-arranged respite care available
For more information, call Ginny at 503-815-2270

Parkinson's Support Group

Place: Herald Center
2710 1st St, Tillamook
Time: 2:00 pm – 4:00 pm
Dates: 2nd Thursday of each month
For more information, call Michael and Joanne at 503-355-2573

Doc Talks

Place: Tillamook County Library
1716 3rd St, Tillamook
Time: 6:00 pm – 7:00 pm
Days: Tuesdays
Dates: 4th Tuesday of each month
For more information, call Ginny at 503-815-2270

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Groups (Cont.)

Women's Cancer Survivor Support

Place: Adventist Health Medical
Group-Tillamook Medical
Plaza: 1100 3rd St, Tillamook
Time: 10:30 am-12:00 pm
Days: Wednesdays
Dates: 1st Wednesday of each month
*For more information, call Sherah at
503-815-7510*

clubCHIP Supper Club

Place: Tillamook Adventist Church –
Lower level in back
2610 1st St, Tillamook
Time: 5:45 pm – 8:00 pm
Days: Mondays
Dates: 3rd Monday of each month
*For more information, call Ginny at
503-815-2270*