

Health & Wellness Classes in Tillamook 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 Events

Living Well With Chronic Disease

Place: Adventist Church
Conference Room
2610 1st St, Tillamook
Time: 1:30 pm – 4:00 pm
Days: Wednesdays
Dates: March 6 – April 10th

*For more information or to register,
contact Elaine at 503-967-1834*

One Stop Resource Shop

All the resources you may need!
Place: Nestucca Valley High School
34660 Parkway Dr, Cloverdale
Time: 4:00 pm – 6:00 pm
Every Third Wednesday of the Month

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

Physical Activity

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

Tillamook County/OSU Extension Office – 4506 3rd St, Tillamook
Mondays & Wednesdays from 9:30 am – 10:00 am

Tillamook YMCA – 610 Stillwell Ave, Tillamook
Tuesdays & Thursdays 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
Wednesdays from 10:00 am – 10:30 am

For more information, call 1-800-368-5182 Ext. 111

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Physical Activity (Continued)

Walk With Ease

Place: Tillamook Fairgrounds – 4603 3rd St, Tillamook

Time: 10:30 am – 11:30 am Days: Mondays Dates: February 4 – March 15

For more information, or to register, please call OSU Extension Service at 503-842-3433

Groups

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

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Groups (Continued)

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*

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*

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*