

Health & Wellness Classes in Tillamook County

January 2018 – February 2018



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

Walk with Ease-Virtual Class

Time: 9:30 am-10:00 am
Days: Mondays and Wednesdays
Dates: January 8 – February 14
Contact: 541-572-5263
Register online at
<http://walk.oregonstate.edu>

Living Well with Chronic Conditions

Place: Northwest Senior & Disability
5010 Third St, Tillamook
Time: 1:30 pm – 4:00 pm
Days: Tuesdays
Dates: February 20 – March 27
Contact: Ginny at 503-815-2270

Diabetes Self-Management

Place: Northwest Senior & Disability
5010 Third St, Tillamook
Time: 1:30 pm – 4:00 pm
Days: Thursdays
Dates: January 11 – February 15
Contact: Ginny at 503-815-2270

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
Contact: Sherah at 503-815-7510

Living with Cancer: Thriving & Surviving

Place: Tillamook Regional Medical
Center – Conference Room C
1000 3rd St., Tillamook
Time: 2:00 pm – 4:30 pm
Days: Wednesdays
Dates: January 17 – February 21
Contact: 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
Contact: Ginny at 503-815-2270

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Brain Injury Support Group

Place: Tillamook Library
1716 3rd St, Tillamook
Time: 2:30 pm – 4:00 pm
Days: Tuesdays
Dates: 2nd Tuesday of each month
Contact: Marshall at 616-789-5121

Parkinson's Support Group

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

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
Contact: Ginny at 503-815-2270

clubCHIP

Place: Tillamook Adventist Church – Lower level in back
2610 1st St, Tillamook
Time: 5:45 pm – 8:30 pm
Days: Mondays
Dates: 3rd Monday of each month
Contact: 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
Contact: 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
Contact: Ginny at 503-815-2270