

Health & Wellness Classes in Tillamook 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.

Health Classes and Events

Senior Wellness Fair

Place: The Hoffman Center
594 Laneda Ave, Manzanita
Time: 1:00 pm – 4:00 pm
Date: Thursday, March 15
Contact: Stacie at 503-815-2062

Living Well with Chronic Pain

Place: The Herald Center
2710 First St., Tillamook
Time: 2:00 pm – 4:30 pm
Days: Wednesdays
Dates: April 4 – May 9
Contact: Ginny at 503-815-2270

Powerful Tools for Caregivers

Place: The Herald Center
2710 First St., Tillamook
Time: 10:00 am – 12:30 pm
Days: Tuesdays
Dates: April 17 – May 22
Contact: Ginny at 503-815-2270

Living Well with Chronic Conditions

Place: North Coast Recreation
District- 36155 9th St.
Nehalem
Time: 2:00 pm – 4:30 pm
Days: Tuesdays
Dates: March 13 – April 17
Contact: Terra at 503-368-5182 x104

“Reversing Type 2 Diabetes Without Drugs” YOW Luncheon

Place: Tillamook Church of the Nazarene-2611 3rd St.
Time: 12:00 pm – 1:30 pm
Date: Friday, March 2
Contact: 503-815-2270
Offered by Tillamook Regional Medical Center

“Life at Its Best Community Health Weekend”

Place: Tillamook Church of the Nazarene-2611 3rd St.
Time: 9:30 am – 5:00 pm
Dates: March 2nd and 3rd (Fri and Sat)
Contact: 503-815-2270
Offered by Tillamook Regional Medical Center

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Groups

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

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

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

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

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

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

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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

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