

Health & Wellness Classes in Yamhill 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

Programa de Prevención de Diabetes

Yamhill Community Care Wellness Center – 819 NE 3rd St, McMinnville

Por favor inscribese con Rubi 503-455-8044 lo más pronto posible

McMinnville Free Clinic

No cost, No documents needed.
Medical, Chiropractic, Mental Health, Social Services, Spiritual Support, and Dental Referrals-**Se habla Español**

Place: First Baptist Church
125 SE Cows, McMinnville
Time: 9:00 am – 12:00 pm
Days: 1st and 3rd Saturday of each month

Early signup is recommended. No appointment necessary.

Healthy Aging Series

Friendsview Retirement Community-
1301 Fulton Street, Newberg
The 2nd and 4th Wednesday each month, February – April from 2:00-4:00 pm

For more information, or to register, please call Friendsview at 503-538-3144

Diabetes Prevention Program

Yamhill Community Care Wellness Center – 819 NE 3rd St, McMinnville

For more information or to register, contact Lily at 503-455-8048

Champion Team Dental Clinic

No cost for all OHP members
Walk-ins welcome. **Se habla Español.**

Place: Champion Team
1300 NW Adams Ste B
McMinnville

Time: 10:00 am – 6:00 pm
Days: Every Tuesday

For more information, call 503-474-4600 or visit www.ycchampionteam.org

Diabetes Prevention Program

Place: Friendsview Retirement Community
1301 Fulton St, Newberg

Time: 9:00 – 10:00 am
Days: Wednesdays
Dates: March 27, 2019 – March 11, 2020

For more information, or to register, contact Elaine at 503-967-1834 or health.promotion@nwsds.org

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Health Classes and Events (continued)

Living Well With Chronic Conditions

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

*For more information or to register,
contact Elaine at 503-967-1834 or
health.promotion@nwsds.org*

Diabetes Undone

Place: Adventist Church
Conference Room
2610 First St, Tillamook
Time: 10:00 am – 12:00 pm
Days: Thursdays
Dates: March 28th – May 16th

*For more information or to register,
contact Elaine at 503-967-1834 or
health.promotion@nwsds.org*

Physical Activity

Tai Chi: Moving for Better Balance

Place: Sheridan Library
142 NW Yamhill St.
Time: 10:30 am – 11:30 am
Days: Every Tuesday

*For more information, call
503-843-3420*

Strong for Life 2.0

A FREE exercise program designed to improve strength and flexibility in adults 60 and older.

*For class times and locations, or to
register, contact Deana at
503-537-1471 or
deana.vandenhoeck@providence.org*

Yoga

Place: Project ABLE-McMinnville
117 NE 5th St, Suite C
Time: 10:30 am
Days: Every Wednesday

*For more information, call
503-474-5509*

Get Moving with ABLE

Place: Project ABLE-McMinnville
117 NE 5th St, Suite C
Time: 12:00 pm
Days: Every Wednesday

*For more information, call
503-474-5509*

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Groups

Caregivers' Support Group

Place: Hillside Terrace-Health Care Center

400 NW Hillside Park Way
McMinnville

Time: 3:00 pm – 4:00 pm

Dates: 1st and 3rd Thursdays of each month

For more information, call Shanena at 503-472-9534

Caregiver Support Group

Place: Providence Newberg Medical Center- Sherwood Conf Room
1001 Providence Dr, Newberg

Time: 1:30 pm – 3:00 pm

Dates: 2nd and 4th Thursdays of each month

For more information, call 503-537-1549

Alzheimer's & Dementia Support

Place: Friendsview Retirement Community-Hess Creek Room
1301 Fulton St, Newberg

Time: 2:00 pm – 3:00 pm

Dates: 2nd and 4th Thursdays of each Month

For more information, call 1-800-272-3900

Living with Cancer Support

Place: H.R. Hoover Cancer Center
2700 SE Stratus Avenue
SE Entrance, McMinnville

Time: 2:30 pm – 4:00 pm

Days: 1st Wednesday of each month

For more information, call 503-435-6590 ext. 8740

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Groups (Continued)

Grief and Loss Support Group

Place: McMinnville Public Library
225 NW Adams St.

Time: 2:00 pm – 3:30 pm

Days: 1st and 3rd Mondays

*For more information, call
503-472-9685*

We Served-Veterans Group Meeting

Place: Yamhill County Veterans
Services – 340 NE Kirby St
McMinnville

Time: 6:30 pm

Days: 1st and 3rd Thursdays of each
month

*For more information,
call Ed at 971-287-0324*

Parkinson's Support Group

Place: McMinnville Senior Center
2250 NE McDaniel Ln

Time: 1:00 pm

Dates: 1st Thursday of each month

*For more information, call Doug at
503-437-4690*

Self-Esteem Classes

Place: Project ABLE-McMinnville
117 NE 5th St, Suite C

Time: 12:30 pm

Days: Every Monday

*For more information, call
503-474-5509*

Caregivers Resources

Place: McMinnville Senior Center
2250 NE McDaniel Ln

Time: 1:00 pm – 2:30 pm

Dates: Every Tuesday

*For more information, call
503-435-0407*

Alcohol and Drug Family Support

Place: Dayton Pioneer Church
300 4th St, Dayton

Time: 6 pm (newcomers); 6:30 (all)

Days: Every Monday

*For more information, call
971-237-4831*

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Groups (Continued)

Trauma Healing & Recovery

Place: Project ABLE-McMinnville
117 NE 5th St, Suite C
Time: 10:30 am
Days: Every Friday
*For more information, call
503-474-5509*

Self-Forgiveness

Place: Provoking Hope
213 NE 10th St
McMinnville
Time: 10:30 am – 12:00 pm
Days: Every Tuesday
*For more information, call
503-895-0934*

Women's Co-dependency Group

Place: Provoking Hope
213 NE 10th St
McMinnville
Time: 4:00 pm – 5:00 pm
Days: Every Thursday
*For more information, call
503-895-0934*

Spanish Speaking Alcoholics

Anonymous

Place: Provoking Hope
213 NE 10th St
McMinnville
Time: 6:30 pm – 7:30 pm
Days: Every Tuesday
*For more information, call
503-895-0934*

Men's Co-dependency Group

Place: Provoking Hope
213 NE 10th St
McMinnville
Time: 10:00 am – 11:00 am
Days: Every Thursday
*For more information, call
503-895-0934*

Wellness Group

Place: Project ABLE-McMinnville
117 NE 5th St, Suite C
Time: 10:00 am – 12:00 pm
Days: Every Monday
*For more information, call
503-474-5509*