



**Stanford Living Well Programs**

*\*Classes meet once a week for 6 weeks, start date listed*

**Diabetes Management**

**Doctors Clinic—5050 Skyline Village Loop S Salem, 97306**

Sep 13 (Wednesdays) 4:00pm—6:30pm

**Mission Street Clinic—1155 Mission Street SE #203 Salem, 97302**

Sep 18 (Mondays) 9:30am—12:00pm

**NWHS (West Salem Clinic) - 1233 Edgewater St NW Salem, 97304**

Oct 12 (Thursdays) 9:00am—11:30pm

**CHEC — 939 Oak St SE Salem, OR 97301**

Oct 30 (Mondays) 5:30pm-8:00pm

**Lifestyle Management**

**Salem Clinic—2020 Capitol St NE Salem, 97301**

Sep 15 (Fridays) 2:30pm—5:00pm

**Mission Street Clinic—1155 Mission Street SE #203 Salem, 97302**

Sep 28 (Thursdays) 9:00am—11:30am

**Santiam Hospital—1401 N 10th Ave Stayton, 97383**

October 21 (Saturdays) 10:00am—12:30pm

**Moving Easy with Chronic Pain**

**Santiam Hospital—1401 N. 10th Ave Stayton, 97383**

Sep 9 (Saturdays) 10:00am—12:30pm

**NWHS (West Salem Clinic) - 1233 Edgewater St NW Salem, 97304**

Oct 12 (Thursdays) 2:30pm—5:00pm

**Working Toward a Healthy Weight?**



**Jump Start your health in 90 minutes - pick one**

Monday September 25th 10:00am to 11:30pm



**Walk with Ease**—Created by the Arthritis Foundation to promote walking gently.

Salem Hospital **starting September 12!**



**Diabetes Prevention Program**— Finally a program proven to reduce weight 5-7%, the amount that lowers the risk of developing Type 2 Diabetes. **Starting October 5th 5:30pm**



**New classes starting September 11th**

**Salem: Mondays: 6:00pm-7:30pm**

**Dallas: Mondays: 9:30am-11:00am**

**Family Health: Get healthy together.**



**Healthy Lifestyles:** 4-week series that's fun for everyone. Includes games how to make healthy living fun. Mondays 6:00-7:30pm **Starting August 7!**

To sign up or if you have questions, give us a call at

**503-967-1177** or email at **livinghealthy@mvipa.org**