

Northern Region Diabetes and Chronic Health Conditions Educational Opportunities

| Del Norte County Diabetes Education | | | | | |
|---|--------------|---|--------------------------------------|----------------------|-------------------|
| Organization & Location | Contact | Description | Dates | Times | Fees & Guidelines |
| Del Norte Senior Center 1765 Northcrest Dr. Crescent City | 707-464-3065 | Classes cover a variety of topics including carb counting, meal planning, eye care, foot care, cooking demonstrations, exercise and stress management | 2 nd Monday of each month | 3:00 – 5:00 pm | No Cost |
| Health Connections Program Available to all Open Door Patients | 707-465-6925 | A health coach works with you and your PCP to help you meet your health goals | Call for appointment | Call for appointment | No Cost |

| Humboldt County Diabetes Education | | | | | |
|---|--------------|--|-------------------------------------|----------------------|-------------------|
| Organization & Location | Contact | Description | Dates | Times | Fees & Guidelines |
| Priority Care Center Humboldt IPA 2316 Harrison Ave Eureka, CA 95501 | 707-442-0478 | Care Coordination services including one-on-one appointment with certified diabetes educator | Call for appointment | Call for appointment | No Cost |
| Diabetes Support Group General Hospital Burre Room 2520 Harrison Eureka | 707-442-7819 | Guest speakers and up-to-date information for the management of diabetes. | 1 st Monday of the month | 6:00 – 7:30 p.m. | No Cost |
| Diabetes Support Group | 707-839-0191 | Guest speakers and up-to-date information for the management of diabetes. | 1 st Friday of the month | 10:00 – 11:30 a.m. | No Cost |

| McKinleyville Senior Center 1620 Pickett Road McKinleyville | | | | | |
|--|--|---|----------------------|----------------------|-------------------|
| Humboldt County Chronic Disease Education | | | | | |
| Organization & Location | Contact | Description | Dates | Times | Fees & Guidelines |
| Health Connections Program Available to all Open Door Patients | Arcata, 707-826-8610 Eureka, 707-441-1624 Ferndale, 707-786-4028 Fortuna, 707-725-4477 McKinleyville, 707-839-3068 Willow Creek, 530-629-3111 | A health coach works with you and your PCP to help you meet your health goals | Call for appointment | Call for appointment | No Cost |

| Lassen County Diabetes Education | | | | | |
|---|----------------------------------|--|-------------------------------------|----------------------|-------------------|
| Organization & Location | Contact | Description | Dates | Times | Fees & Guidelines |
| Northeastern Rural Health Center 1850 Spring Ridge Drive Susanville | 530-251-5000 Debbie Jones | Diabetes Learn to manage diabetes and reduce health risks | Call for dates and more information | Call for times | No Cost |
| Big Valley Health Center 554-850 Medical Center Drive Bieber | 530-294-5241 | One-on-one appointments with a diabetes educator | Call for appointment | Call for appointment | No Cost |

Shasta County Diabetes Education

| Organization | Contact | Description | Dates | Times | Fees & Guidelines |
|---|--|--|---|----------------------|---------------------------|
| Shasta Community Health Center 1035 Placer St. Redding | Patient Health Education Dept. 530-229-5115 www.shastahealth.org | Diabetes Self-Management – Control Your Diabetes for Life Learn tools to manage symptoms - ideas for building your strength and endurance; creating a health plan; and healthy eating tips. | Call for dates Classes available in: Redding Anderson Shasta Lake | Call for times | No Cost \$20 gift card |
| Shasta Community Health Center 1035 Placer Street Redding | Patient Health Education Dept. 530-229-5115 www.shastahealth.org | Diabetes and Me You will learn the basics of how diabetes works, such as: the pancreas & insulin; complications of high blood sugar; and hyperglycemia & hypoglycemia | 3 rd Wednesday of each month 1035 Placer St, Redding | 3:30 pm-5:00 pm | No Cost |
| Mercy Medical Center 2175 Rosaline Redding | 888-628-1948 | Diabetes and Nutrition Overview of meal planning, blood glucose monitoring, and medication | Call for dates and registration | Call for times | No Cost |
| Burney Health Center 37491 Enterprise Dr Burney | 530-335-5457 | One-on-one appointments with a diabetes educator | Call for appointment | Call for appointment | No Cost |
| Fall River Valley Health Center 43563 Hwy 299 | 530-336-6535 | One-on-one appointments with a diabetes educator | Call for appointment | Call for appointment | No Cost |

| Fall River Mills | | | | | |
|---|--|--|---|-------------------------------|-------------------------------|
| Shasta County Chronic Health Conditions Workshops | | | | | |
| Organization & Location | Contact | Description | Dates | Times | Fees & Guidelines |
| Shasta Community Health Center 1035 Placer Street Redding | Patient Health Education Dept. 530-229-5115 www.shastahealth.org | Healthier Living Self-Management Workshop This workshop is for adults, 18 and over, with a chronic health condition such as heart disease, arthritis, recovery and others. | Call for dates Available in Redding Anderson Shasta Lake | 2.5 hours/week for 6 weeks | No Cost \$20 gift card |
| Shasta Community Health Center 1035 Placer Street Redding | Patient Health Education Dept. 530-229-5115 www.shastahealth.org | Pain Self-Management Workshop Adults age 18 and over that suffer from chronic pain and interested in improving their quality of life by learning skills to manage their pain. | Call for dates Available in Redding Anderson Shasta Lake | 2.5 hours/week for 6 weeks | No Cost \$20 gift card |
| Mercy Medical Center 2175 Rosaline Redding | 888-628-1948 | Healthier Living Workshop 6-week workshop for adults with on-going health conditions | Call for dates and registration | Call for times | No Cost |

| Siskiyou County Diabetes Education | | | | | |
|---|---------|-------------|-------|-------|-------------------|
| Organization | Contact | Description | Dates | Times | Fees & Guidelines |

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| Fairchild Medical Center | 530-842-0913 | One-on-one education with a certified diabetes educator or dietitian with a referral from your health care provider | Call for appointments | Call for appointments | Call for information |
| Butte Valley Health Center 610 West 3 rd St. Dorris | 530-397-8411 | One-on-one appointments with a diabetes educator | Call for appointment | Call for appointment | No Cost |
| Tulelake Health Center 498 Main Street Tulelake | 530-667-2285 | One-on-one appointments with a diabetes educator | Call for appointment | Call for appointment | No Cost |