

Shasta Community Health Center

FREE Patient Education Workshops



April 2018

Featured Programs

www.shastahealth.org/education or 229-5115

April is Stress Awareness month!



Day	Time	Program
April 3rd <i>Tuesdays</i>	1:00pm - 3:30pm <i>6 week series</i>	Diabetes Self-Management Anderson Community Center 1887 Howard St. Anderson, CA 
April 6th <i>Friday</i>	10:30am - 12:00pm <i>**No Sign-up Needed**</i>	Community Connects: Family Cooking  Redding Library 1100 Parkview Ave. Redding, CA Join UC Cal Fresh Nutrition Educator to learn ways to make meal time more fun! Discover how adults and children can work together to prepare and enjoy healthy meals. All ages are welcome to participate in this hands on workshop.




Week of the Young Child

April 14-21, 2018

For a calendar of events, please visit www.first5shasta.org.



★ Upcoming Events ★

May 16th <i>Wednesdays</i>	1:00pm - 3:30pm <i>6 week series</i>	Pain Self-Management Redding Center - 3rd Floor 1305 Placer St. Redding, CA 
--------------------------------------	------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Schedule subject to change. Contact for more information.

Sign-Up Using your Mobile Device



Shasta Community Health Center

FREE Patient Education Workshops

April 2018

Regular Programs

www.shastahealth.org/education or 229-5115



April is Stress Awareness month!



Day	Time	Program
Drop-in Available Mon - Fri	8:00am - 4:00pm Closed for lunch M, W, F 11:00am - 12:00pm T, Th 12:00pm - 1:00pm	Patient Education Team Office Hours Main Center - Redding 1035 Placer St. Redding, CA 96001 Central Check-in Lobby
Weekly	Redding Tuesdays @ 10:00am Anderson Thursdays @ 3:30pm Shasta Lake City 3rd Thursday of the Month @ 3:00pm **No Sign-up Needed**	Story Time Redding 1035 Placer St. Redding, CA 96001 Anderson 2801 Silver St. Anderson, CA 96007 Shasta Lake City 4215 Front St. Shasta Lake City, CA 96019 
Every Monday	9:30am - 10:30am **No Sign-up Needed**	Body Balance Main Center - Redding 1035 Placer St. Redding, CA 96001 (3rd Floor) 
Every Tues & Thurs	2:30pm - 4:00pm **No Sign-up Needed**	Wellness Yoga Main Center - Redding 1035 Placer St. Redding, CA 96001 (3rd Floor) 
1st Tuesday of the Month	10:30am - 11:15am **No Sign-up Needed**	Department of Rehabilitation Main Center - Redding 1035 Placer St. Redding, CA 96001 (3rd Floor) 
1st & 3rd Wednesday of the Month	3:30pm - 5:00pm **No Sign-up Needed**	Diabetes & Me Main Center - Redding 1035 Placer St. Redding, CA 96001 (3rd Floor) 

Schedule subject to change. Contact for more information.

Sign-Up Using your Mobile Device

