

Shasta Community Health Center


FREE Patient Education Workshops

February 2018

Featured Programs

www.shastahealth.org/education or 229-5115



| Day | Time | Program |
|--|---|---|
| <p>February 7th Wednesday</p> | <p>10:00am - 11:30am **No Sign-up Needed**</p> | <p>Community Connects: Choose Your Plate</p>  <p><i>Redding Library</i> 1100 Parkview Ave. Redding, CA</p> <p><i>Want to kick start 2018 by making fresh and healthy meal choices? Join Registered Dietitian, Mary Messier and find out how small changes can help you reach your goals for eating healthy in the New Year. Come enjoy samples of Tuna Apple Salad and receive free recipes.</i></p> |

★ Upcoming Events ★

| | | |
|-------------------------------------|---|--|
| <p>March 9th Friday</p> | <p>10:00am - 11:30am **No Sign-up Needed**</p> | <p>Community Connects: Learn the Law: Marijuana</p>  <p><i>Redding Library</i> 1100 Parkview Ave. Redding, CA</p> <p><i>Legal marijuana doesn't mean there aren't rules. Learn what Proposition 64 allows, and what it means for you and your community. We will also discuss health implications for marijuana, and why it's still a bad idea for teens.</i></p> |
| <p>March 9th Fridays</p> | <p>1:00pm - 3:00pm 8 week series **Registration Required**</p> | <p>Mindful Eating: Health Starts Here</p> <p>Redding Center - 3rd Floor 1305 Placer St. Redding, CA</p>  |

Schedule subject to change. Contact for more information.

Sign-Up Using your
Mobile Device



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| 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)  |

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