

# Shasta Community Health Center

**FREE** Patient Education Workshops

**January 2018**

Featured Programs

[www.shastahealth.org/education](http://www.shastahealth.org/education) or 229-5115



January is National



Blood Donor Month

Day	Time	Program
<b>January 12th</b> Friday	<b>12:00pm - 1:00pm</b> **No Sign-up Needed**	<b>Community Connects:</b> <b>Alcohol Affects</b> Redding Library 1100 Parkview Ave. Redding, CA An Intoxiclock® presentation designed to bring awareness and understanding of the effects drinking and then driving. This is an interactive demonstration that engages the audience in a real-time illustration on a person's Blood Alcohol Concentration (BAC) and the effects on driving.
<b>January 18th</b> Thursdays	<b>10:00am - 12:30pm</b> 6 week series **Registration Required**	<b>Diabetes Self-Management</b> Redding Center - 3rd Floor 1305 Placer St. Redding, CA
<b>January 30th</b> Tuesdays	<b>1:00pm - 3:00pm</b> 6 week series **Registration Required**	<b>Tobacco Recovery</b> Mercy Medical Center 2175 Rosaline Ave. Redding, CA



## ★ Upcoming Events ★

<b>March 9th</b> Fridays	<b>1:00pm - 3:00pm</b> 5 week series **Registration Required**	<b>Nutrition: Health Starts Here</b> Redding Center - 3rd Floor 1305 Placer St. Redding, CA
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*Schedule subject to change. Contact for more information.*

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## FREE Patient Education Workshops

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Regular Programs

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Blood Donor Month

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

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