

Shasta Community Health Center

FREE Patient Education Workshops


June 2018

Featured Programs


www.shastahealth.org/education or 229-5115

June is Quit Tobacco Month at SCHC



Day	Time	Program
<p>June 15th <i>Friday</i></p>	<p>10:00am - 11:30am <i>**No Sign-up Needed**</i></p>	<p>Community Connects: Redding Area Bus Authority (RABA)</p> <p>Redding Library 1100 Parkview Ave. Redding, CA</p>  <p><i>RABA will discuss both the transit and paratransit services they provide, including how to plan your trip, and what to expect while riding. Maps and paratransit applications will be available, and any questions you may have will be answered.</i></p>
<p>June 19th <i>Tuesdays</i></p>	<p>1:00pm - 3:00pm <i>6 week series</i> <i>For questions or to register:</i> <i>(888) 628-1948</i></p>	<p>Tobacco Recovery Mercy Medical Center 2175 Rosaline Ave. Redding, CA</p> 

★ **Upcoming Events** ★

<p>July 16th - 20th <i>Monday - Friday</i></p>	<p>1:00pm - 4:00pm <i>Meets daily all week.</i> <i>For questions or to register:</i> <i>(530) 245-7253</i></p>	<p>Youth Cooking Day Camp Redding Library 1100 Parkview Ave. Redding, CA</p> 
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Schedule subject to change. Contact for more information.

Sign-Up Using your Mobile Device



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Regular Programs

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Month at SCHC



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 & 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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