

# Shasta Community Health Center

## FREE Patient Education Workshops

### March 2018

Featured Programs

www.shastahealth.org/education or 229-5115



Day	Time	Program
<b>March 9th</b> <i>Friday</i>	<b>10:00am - 11:30am</b> <i>**No Sign-up Needed**</i>	<b>Community Connects:</b> <b>Learn the Law: Marijuana</b> <i>Redding Library</i> <i>1100 Parkview Ave. Redding, CA</i> <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> 
<b>March 9th</b> <i>Fridays</i>	<b>1:00pm - 3:00pm</b> <i>8 week series</i>	<b>Mindful Eating: Health Starts Here</b> <i>Redding Center - 3rd Floor</i> <i>1305 Placer St.</i> <i>Redding, CA</i> 
<b>★ Upcoming Events ★</b>		
<b>April 3rd</b> <i>Tuesdays</i>	<b>1:00pm - 3:30pm</b> <i>6 week series</i>	<b>Diabetes Self-Management</b> <i>Anderson Community Center</i> <i>1887 Howard St.</i> <i>Anderson, CA</i> 
<b>April 6th</b> <i>Friday</i>	<b>10:30am - 12:00pm</b> <i>**No Sign-up Needed**</i>	<b>Community Connects:</b> <b>Family Cooking</b> <i>Redding Library</i> <i>1100 Parkview Ave. Redding, CA</i> <i>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.</i> 

*Schedule subject to change. Contact for more information.*

Sign-Up Using your Mobile Device



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Regular Programs

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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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