

Shasta Community Health Center

FREE Patient Education Workshops

May 2018

May is Shake the Salt Month at SCHC



Featured Programs
www.shastahealth.org/education or 229-5115

Day	Time	Program
May 4th Friday	1:00pm - 3:00pm	Eat for Health <i>Ways to eat for Diabetes & Pre-Diabetes</i> Redding Center - 3rd Floor 1305 Placer St. Redding, CA 
May 8th Tuesday	10:00am - 11:00am **No Sign-up Needed**	Community Connects: Plan for the Future  Redding Library 1100 Parkview Ave. Redding, CA <i>Learn more about an Advance Health Care Directive (AHCD) and the steps you can take to ensure your health care values and your instructions are known. These steps will provide your loved ones peace of mind by helping them understand your desires and give them confidence that any medical decisions made for you will follow your wishes.</i>
May 11th Friday	1:00pm - 3:00pm	Eat for Health <i>How to eat for Heart & Kidney Health</i> Redding Center - 3rd Floor 1305 Placer St. Redding, CA 
May 16th Wednesdays	1:00pm - 3:30pm 6 week series	Pain Self-Management Redding Center - 3rd Floor 1305 Placer St. Redding, CA 

Schedule subject to change. Contact for more information.

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Regular Programs

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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** ****Cancelled on May 3rd****	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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