

	October	November	December	January	February	March	April	May	June
<b>Other Events</b>	10/3: Mass Flu Clinic 10/25: Women's Health Screening 10/10: Medicare 101	Cancer and Physical Activity		Cancer and Nutrition	Heart Health Activity	Diabetes Men's Health screening	COPD		
<b>HCHC</b>					Health Coaches for Hypertension Control Wednesday @ 5:15 PM 2/26—4/1 Community Services Building—RM 201 1201 W. Holly ST Sidney, MT 59270				
<b>Dining with Diabetes</b>						Dining with Diabetes Workshop is TBD. For more information, contact Carrie Krug at (406)433-1206			
<b>CDSMP</b>							Chronic Disease Self-Management Program Workshop is TBD. For more information, contact Ashley VandeBossche at (406)433-2207		
<b>Cancer</b>		Cancer and Physical Activity Wednesday, 11/20 @ 12:00 PM SHC—Medical Arts Building 216 14th AVE SW Sidney, MT 59270		Cancer and Nutrition Workshop is TBD For more information, contact Kathy Jensen at (406)433-2504					
<b>AFFP</b>	Arthritis Foundation Exercise Program Tues and Thurs 11 AM 10/22—11/28 Commission on Aging 2190 W Holly ST. Sidney, MT 59270			Arthritis Foundation Exercise Program Tues and Thurs 11 AM 1/7—2/13 Commission on Aging 2190 W Holly ST. Sidney, MT 59270		Arthritis Foundation Exercise Program Tues and Thurs 11 AM 2/25—4/2 Commission on Aging 2190 W Holly ST. Sidney, MT 59270		Arthritis Foundation Exercise Program Tues and Thurs 11 AM 4/14—5/21 Commission on Aging 2190 W Holly ST. Sidney, MT 59270	
<b>Strong People</b>	Strong People Wed and Fri @ 12 PM 9/25—11/22 Commission on Aging 2190 W Holly ST. Sidney, MT 59270					Strong People Workshop is TBD. For more information, contact Carrie Krug at (406)433-1206			

# Chronic Disease Workshops and Classes are brought to you by

## Richland County Health Department

### Health Coaches for Hypertension Classes

A workshop consisting of eight 1 hour classes held weekly at 12 PM. Participants learn how to lower and manage their blood pressure.

### Chronic Disease Self Management Program

A self-management education program for those with chronic health problems. The workshop consists of six 2 hour classes held weekly.

### Montana Asthma Program

MAP offers asthma education across 6 home visits for asthma patients of any age.

For more information, contact Ashley VandeBossche at (406)433-2207



## Richland County Commission on Aging

### Arthritis Foundation Exercise Program

A community-based recreational exercise program that covers a variety of range-of-motion and endurance building activities, relaxation techniques, and health education topics.

### Medicare 101

A one day workshop that explains how to be enrolled in Medicare, important deadlines, how to avoid penalties, and more!

For more information, contact Jodi Berry at (406)433-3701



## MSU Extension

### Dining with Diabetes

A series of four 2 hour classes that cover different aspects of nutrition for diabetics (pre-diabetic and type II) Each class includes demos and samplings of recipes.

### Strong People

A moderate strength training program designed to help middle-age to aging individuals maintain bone density as they age to continue to be able to do everyday tasks.

For more information, contact Carrie Krug at (406)433-1206



## Sidney Health Center Cancer Care

### Partners in Survivorship Living Well After Cancer Treatment

A workshop that is designed to help empower cancer survivors so they can manage any long-term side effects and emotional stressors. This workshop consists of six 1 hour classes held weekly.

For more information, contact Kathy Jensen at (406)488-2504

