

Diabetes education and support

This flyer is to provide you with information related to diabetes. These classes and support groups are offered through Samaritan Health Services. If you would like more information, please visit the website at www.samhealth.org.

Diabetes management

This class gives an overview of diabetes, its causes and symptoms, and suggests diet, physical activity and medication changes. This class also covers the psychological and emotional aspects of diabetes. If the group setting is not right for you, ask about individual classes.

Albany: 541-812-4839

Corvallis: 541-768-6973

Lebanon: 541-451-6313

Lincoln City: 541-996-6414

Newport: 541-574-4682

Diabetes prevention: a guide to better health

This class is for anyone who has been diagnosed with pre-diabetes, glucose intolerance, insulin resistance or metabolic syndrome. Designed to help you make important lifestyle changes to prevent or delay the onset of diabetes and decrease your risk for cardiovascular disease.

Albany: 541-812-4839

Lebanon: 541-451-6313

Diabetes foot clinic

Good foot care is an important part of diabetes management and prevention. Finding problems early and proper treatment are the best ways to reduce diabetes-related foot complications. The foot clinic checks sensation of skin and nails, and teaches foot care. Treatment of foot problems includes nail care, calluses and ulcers. A physician referral is required.

Albany: 541-812-4498

Corvallis: 541-768-6973

Lebanon: 541-451-6313

Newport: 541-574-4723

Diabetes support

Free support groups for people with diabetes are held at many locations. Caregivers and family are also welcome to attend. For more information, call the location closest to you:

Albany: 541-812-4839

Corvallis: 541-768-6973

Lebanon, Brownsville, Sweet Home: 541-451-6313

Lincoln City: 541-557-6414

Newport: 541-574-4682

Siletz: 541-444-9647

Waldport: 541-265-6611, extension 2432

Some classes and programs may charge a fee. Class fees may be covered by your health insurance. If you would like to talk with a Customer Care Representative, please call Samaritan Health Plan Operations at 1-800-832-4580. If you have a hearing or voice problem, you can use Oregon Relay Service by calling TTY 1-800-735-2900.

August 2016

Diabetes education and support, continued

Oregon Quit Line

1-800-QUIT-NOW or 1-800-784-8669

Español: 1-877-2NO-FUME or 1-877-266-3863

TTY: 1-877-777-6534

www.oregonquitline.org

Smokefree.gov

1-877-44U-QUIT or 1-877-448-7848

www.smokefree.gov (Offers live chat help)

Living well with chronic conditions

This six-session workshop helps those with chronic conditions learn how to take control of their health. Participants build skills and confidence for managing health, staying active and enjoying life.

This class is for adults who have diabetes, heart disease, high blood pressure, arthritis, asthma, COPD or any other chronic condition. Participants will learn how to: manage medications, fight fatigue and frustration, deal with depression, start a physical activity program, eat well, manage stress, help control pain, handle emotions and meet goals. Online classes may be available. Call for more information:

Linn, Benton, and Lincoln counties: 541-768-6070

Better choices, better health online workshop

Take steps toward a better life with a free online workshop for people with ongoing health conditions. This includes diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, and more. To register online, visit

www.ncoa.org/center-for-healthy-aging.