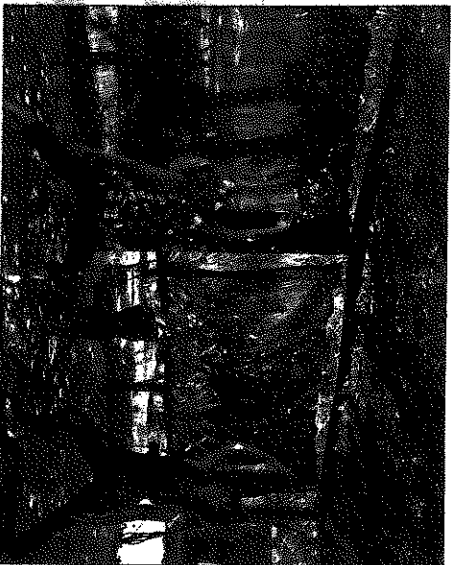


HEALTH DATEBOOK

SUPPORT GROUPS

- WINTER GRIEF SUPPORT GROUP:** Meet with others who have lost a loved one; registration required; free, 10:30 a.m.-12:30 p.m. Tuesdays, Jan. 18, March 8; Mountain View Hospital, 4700 N.E. A St., Madras; 541-460-4030.
- AIDS EDUCATION FOR PREVENTION, TREATMENT, COMMUNITY RESOURCES AND SUPPORT (DESCHUTES COUNTY HEALTH DEPARTMENT):** 541-322-7402.
- AIDS HOT LINE:** 800-342-AIDS.
- AL-ANON:** 541-728-3707 or www.centraloregon-anon.org.
- AL-ANON PINEVILLE:** 541-448-0604.
- ALCOHOLICS ANONYMOUS (AA):** 541-548-0440 or www.coingaa.org.
- AIDS SUPPORT GROUP:** 541-977-7502.
- ALZHEIMER'S ASSOCIATION:** 541-548-7074.
- ALZHEIMER'S SUPPORT GROUP:** 541-948-7214.
- AUTISM RESOURCE GROUP OF CENTRAL OREGON:** 541-788-0339.
- BEND ATTACHMENT PARENTING:** 541-385-1787.
- BEND S-ANON FAMILY GROUP:** 888-285-3742.
- BEND ZEN MEDITATION GROUP:** 541-382-6122 or 541-382-6651.
- BEREAVEMENT SUPPORT GROUPS:** 541-382-5892.
- BEREAVEMENT SUPPORT FOR GROUP/ADULTS AND CHILDREN:** 541-383-3910.
- BRAIN TUMOR SUPPORT GROUP:** 541-350-7243.
- BREAST CANCER SUPPORT GROUP:** 541-706-7743.
- BREAST-FEEDING SUPPORT GROUP:** 541-385-1787.
- CANCER INFORMATION LINE:** 541-706-7743.
- CAREGIVER SUPPORT GROUP:** 541-536-7399.
- CAREGIVER SUPPORT GROUP:** 541-706-8902.
- CELEBRATE RECOVERY:** New Hope Church, Bend; 541-460-5276; Faith Christian Center, Bend; 541-382-8274; Redmond Assembly of God Church, 541-548-4555; Westside Church, Bend; 541-382-7514; ext. 201; Metropolis Friends Community Church, 541-346-4934.
- CENTRAL OREGON ALZHEIMER'S/ DEMENTIA CAREGIVERS SUPPORT GROUP:** 541-504-0571.
- CENTRAL OREGON AUTISM ASPENBURG SUPPORT TEAM:** 541-633-8293.
- CENTRAL OREGON AUTISM SPECTRUM RESOURCE AND FAMILY SUPPORT GROUP:** 541-279-9040.
- CENTRAL OREGON COALITION FOR ACCESS (WORKING TO CREATE ACCESSIBLE COMMUNITIES):** 541-385-9320.
- CENTRAL OREGON DEPRESSION AND ANXIETY GROUP:** 541-420-2759.
- CENTRAL OREGON DOWN SYNDROME NETWORK:** 541-548-8559 or www.codsno.org.
- CENTRAL OREGON FAMILIES WITH MULTIPLE:** 541-339-5892 or 541-388-2220.
- CENTRAL OREGON LEAGUE OF AMPUTEES SUPPORT GROUP (COLA):** 541-480-7420 or www.oregonla.org.
- CENTRAL OREGON RIGHT TO LIFE:** 541-383-1693.
- CHILD CAR SEAT CLINIC (PROPER INSTALLATION INFORMATION FOR SEAT AND CHILD):** 541-504-5016.
- CHILDREN'S VISION FOUNDATION:** 541-330-3907.
- CHRONIC PAIN SUPPORT GROUP:** 541-706-7730.
- CLARE BRIDGE OF BEND (ALZHEIMER'S SUPPORT GROUP):** 541-385-4717 or tornton@rockdalevalley.com.
- COMPASSIONATE FRIENDS FOR THOSE GRIEVING THE LOSS OF A CHILD:** 541-330-0301 or 541-388-9146.
- CREATIVITY & WELLNESS:**
- MOOD GROUP:** 541-647-0665.
 - CHOOKED RIVER RANGY ADULT GRIEF SUPPORT:** 541-548-7483.
 - DEFEAT CANCER:** 541-706-7743.
- DESCHUTES COUNTY MENTAL HEALTH 24-HOUR CRISIS LINE:** 541-322-7500.
- DEPRESSION AND BIPOLAR SUPPORT ALLIANCE:** 541-549-9622 or 541-77-1620.
- DEPRESSION SUPPORT GROUP:** 541-706-7743.
- DIABETIC SUPPORT GROUP:** 541-599-4483.



Shantini photo
Hilobah Rohr leads a yoga class in Mexico last year. See the Balance Yoga listing for details on local classes.

- DISABILITY SUPPORT GROUP:** 541-388-8103.
- DIVORCE CARE:** 541-410-4201.
- DOUBLE TROUBLE RECOVERY:** 541-317-0050.
- DYSTONIA SUPPORT GROUP:** 541-388-2577.
- EATING DISORDER SUPPORT GROUP:** 541-322-2755.
- EMCOPRESIS (SOULING):** 541-548-2814 or emcopresis@gmail.com.
- EVENING BEREAVEMENT SUPPORT GROUP:** 541-460-4030.
- FAMILY PLANNING SERVICES (DESCHUTES COUNTY HEALTH DEPARTMENT):** 541-322-7400.
- FAMILY RESOURCE CENTER:** 541-389-5468.
- GAMBLES ANONYMOUS:** Redmond 541-280-7249; Bend 541-390-4355.
- GAMBLING HOT LINE:** 800-293-8479.
- GLUTEN INTOLERENCE SUPPORT (GELAC):** 541-389-1731.
- GRANDMA'S HOUSE:** 541-383-3515.
- GRIEF SUPPORT GROUP:** 541-306-6633; 541-318-0364 or mullinskk@bendrockadband.com.
- GRIEF SUPPORT GROUP:** 541-548-7483.
- GRIEF SUPPORT GROUPS:** 541-771-3247.
- GRESHAM (FAITH-BASED) RECOVERY CLASS:** 541-389-8780.
- HEALING ENCOURAGEMENT FOR ABORTION-REGAETED TRAUMA (H.E.A.R.T.):** 541-318-1849.
- HEALTHY BEGINNINGS:** 541-383-6357.
- HEALTHY FAMILIES OF THE HIGH DESERT (FORMERLY READY SET GO!):** 541-749-2133.
- HEARING LOSS ASSOCIATION:** 541-648-2806 or theacog@otmx.com.
- IMPROVE YOUR STRESS LIFE:** 541-706-2904.
- JUMPER SWIM & FITNESS CENTER:** 541-389-7655.
- LAKEVIEW LEAGUE OF BEND:** 541-317-5912.
- LIVING WELL (CHRONIC CONDITIONS):** 541-322-7430.
- LIVING WELL WITH CANCER FAMILY SUPPORT GROUP:** 541-693-8864.
- LIVING WITH CHRONIC ILLNESSES SUPPORT GROUP:** 541-536-7399.
- LUPUS & FIBROMYALGIA SUPPORT GROUP:** 541-528-1375.
- MADRAS NICOTINE ANONYMOUS GROUPS:** 541-993-0609.
- MAY-TO-MAY POSITIVE CANCER SUPPORT GROUP:** 541-693-5864.
- MATERNAL/CHILD HEALTH PROGRAM (DESCHUTES COUNTY HEALTH DEPARTMENT):** 541-322-7400.
- MEN'S CANCER SUPPORT GROUP:** 541-706-5654.
- MULTIPLE SCLEROSIS SUPPORT GROUP:** 541-706-6802.
- MAGNONON:** 800-468-6633.
- MASCOTTES ANONYMOUS (MAY):** 541-416-2146.
- NATIONAL ALLIANCE ON MENTAL ILLNESS OF CENTRAL OREGON (NAMI):** 541-408-7779 or 541-504-1431.
- NEWBERRY HOSPICE OF LA PINE:** 541-556-7399.
- OREGON COMMISSION FOR THE BLIND:** 541-447-4915.
- OREGON CURVE:** 541-475-2164.
- OREGON LYME DISEASE NETWORK:** 541-312-3081 or www.oregonlymedisease.org.
- OVERCOMERS ANONYMOUS:** 541-308-8944.
- PARENTS OF MURDERED CHILDREN (POMC) SUPPORT GROUP:** 541-410-7395.
- PARISH NURSES AND HEALTH MINISTRIES:** 541-383-6861.
- PARKINSON'S SUPPORT GROUP:** 541-706-6802.
- PARTNERS IN CARE:** 541-382-5882.
- PLAG CENTRAL OREGON:** 541-317-2334 or www.plagcentraloregon.org.
- PLANNED PARENTHOOD:** 888-875-7829.
- PMS ACCESS LINE:** 800-222-4767.
- PREGNANCY RESOURCE CENTERS:** Bend, 541-385-5334; Madras, 541-478-8336; Pineville, 541-447-2420; Redmond, 541-504-8919.
- PULMONARY HYPERTENSION SUPPORT GROUP:** 541-548-7489.
- RECOVERING COUPLES ANONYMOUS (RCA):** 541-389-0869 or www.recovering-couples.org.
- SAVING GRACE SUPPORT GROUPS:** Bend, 541-382-4420; Redmond, 541-504-2550; ext. 1; Madras, 541-475-1880.
- SCARBODENIA SUPPORT GROUP:** 541-480-1958.
- SELF-ESTEEM GROUP FOR WOMEN:** 541-389-7960.
- SEXUALS ANONYMOUS:** 541-595-8780.
- SEXUALLY TRANSMITTED DISEASE TESTING (DESCHUTES COUNTY HEALTH DEPARTMENT):** 541-322-7400.
- SUP AND SUPPORT:** 541-548-7483.
- SUPPORT GROUP FOR FAMILIES WITH DIABETIC CHILDREN:** 541-526-6690.
- TORRADO STEEL ALLEYS:** 541-322-7481; TORSOR, Bend, 541-388-5634; Quincy, 541-546-4012; Redmond, 541-923-0878.
- VETERANS HOTLINE:** 541-408-5594 or 818-634-0735.
- VISION NW:** Peer support group; 541-330-0715.
- VOLUNTEERS IN MEDICINE:** 541-330-9001.
- WOMEN'S RESOURCE CENTER OF CENTRAL OREGON:** 541-385-0747.
- WOMEN'S SELF-ESTEEM GROUP:** 541-389-7960.
- WOMEN'S SUPPORT GROUP FOR ANGER, ANXIETY OR DEPRESSION:** 541-389-7960.
- WOMEN SURVIVING WITH CANCER SUPPORT GROUP:** 541-693-5864.
- ZEN MEDITATION GROUP:** 541-388-3179.
- BALANCE YOGA:** Reawaken your dormant body with Hilobah Rohr; free, noon Wednesday at Sisters Public Library, 110 N. Cedar St.; 6:30 p.m., Jan. 20 at Bend Public Library, Brooks Room, 601 N.W. Wall St.; 541-312-1032.
- BEGINNING WAL-KING PROGRAM:** Learn about the program designed for people with little or no exercise experience; free, program is \$50, 6 p.m., tonight, Fleet Feet Sports, 1320 N.W. Galveston Ave., Bend; www.fleetfeetbend.com or 541-389-1601.
- CANCER AND THE ARTS:** Make Journals with Marc Schiel; registration required; \$10, 4-6 p.m., Jan. 21 and 9 a.m.-12:30 p.m., Jan. 22, St. Charles, Bend, 2500 N.E. Neff Road; 541-706-7743 or kistlites@schafstheatre.com.
- EATING WELL TO AGE WELL:** With a wellness coach, discuss the importance of choosing foods as we age; for ages 55 and older, \$10, 10-11:30 a.m., Friday, First United Methodist Church, 680 N.W. Bond St., Bend; 541-419-9912 or desertwillow@gmail.com to register.
- LIVING WELL WITH CHRONIC CONDITIONS:** Six-week series gives you the tools to feel better, be in control and do what you want to do; registration required; \$10; workshops begin at various times, starting Jan. 20, in Bend, Madras, Starling, La Pine and Prineville; see website for details; www.livingwellco.org or 541-322-7430.
- PARENTING CLASSES:** Skills and support for mothers wanting to reconnect with their children; two-week class; registration requested; free, 10:30 a.m., Tuesday and Jan. 25, Jireh Project, 2330 N.E. Division St., Suite 1, Bend; www.thehelpproject.org or 541-678-5669.
- THE POWER OF VISUALIZATION:** Learn to identify and treat visual problems in children to improve school performance; followed by a visualization workshop; registration required; \$60 non-refundable; \$80 after-hour session; 9 a.m. morning, 1:30 p.m. afternoon, Jan. 22, Pilot Butte Medical Center, 2275 N.E. Doctors Drive, Bend; 541-548-8359.
- YOGA WITH ANGELA:** Kid's yoga focusing on breath and group play; free, 10:30 a.m., Saturday; Play Outdoors, 701 N.W. Arizona Ave., Bend; 541-678-5399.
- ACTIVE LIFE FITNESS:** Tai Chi; 541-389-7536 or 541-788-7837.
- ADVENTURE BOOT CAMP:** www.bendbootcamp.com; 541-350-5343.
- AFTERNOON FIT KIDS:** 541-389-7865.
- ANITA ELEY:** 541-408-3731.
- ARTICULATION THERAPY CLASSES:** 541-550-9424 or www.ashtanagyogaband.com.
- ASMI YOGA:** 541-395-1140 or www.asmiyoga.com.
- BABY BOOMERS & BEYOND:** Yoga instruction; 541-948-9170.
- BABY BOOT CAMP:** 541-617-6142 or www.babybootcamp.com.
- BAKSTARR:** 541-598-4483 or www.bakstar.com.
- BALANCE YOGA CLASSES & RETREATS:** Hilobah Rohr; 541-330-8621 or www.hilobah.com.
- BEND FELDENKRAIS CENTER:** 541-788-9232.
- BEND SENIOR CENTER:** 541-889-1133.
- BIKRAM'S YOGA COLLEGE OF INDIA:** 541-389-8599 or www.bikramyogabend.com.
- THE BODHI TREE, YOGA & HEALING ARTS:** 541-390-2827.
- BOOT CAMP FITNESS FOR WOMEN:** 541-815-3783.
- BOOST FAMILY FITNESS:** 541-390-5266 or www.boostfam.com.
- BREEMAN'S NINE PRINCIPLES OF HARMONY:** 541-593-8812.
- BRINGING THE BUDDHIST 8 FOLD PATH TO MUNDANE DAILY PRACTICE:** 541-330-6621 or www.hilobah.com.
- CENTRAL OREGON COMMUNITY COLLEGE:** 541-383-7290 or www.coccc.edu.
- CENTRAL OREGON GYMNASIACS ACADEMY:** 541-385-1163 or www.cogymnastics.com.
- CHECKS MADE SWI CONDITIONING CLINICS:** alizabeth@heart2@ gmail.com or 541-583-1095.
- CHRONIC PAIN CLASSES:** 541-318-7041 or www.healingbridge.com.
- CLASSIC HATHA YOGA/MANTRA INSPIRED:** Lorelle Simonet; 541-385-9465 or www.wellnesspend.com.
- COMPASSIONATE COMMUNICATION CLASSES:** Peace Center; www.pccoco.org or 541-325-3174.
- COPE:** Yoga; 541-389-6695 or www.cocemotionalhealing.info.
- FIT FOR THE KING EXERCISE:**
- MINISTRY:** 541-923-3925 or www.fitfortheking.info.
 - FITNESS GUIDE SERVICE:** 541-388-1685 or www.fitnessguideservice.com.
 - FOCUS PHYSICAL THERAPY:** 541-385-3344 or www.focusphysical.com.
 - FUNCTIONAL FITNESS TRAINING:** PEAK Training Studio; 541-847-1346.
 - GOLF FITNESS AND PERFORMANCE:** Chris Cooper; 541-350-1631 or ccooperc@liveoh.com.
 - GOLF FITNESS CLASSES:** 541-419-9699.
 - HEALING BRIDGE PHYSICAL THERAPY:** 541-318-7041 or www.healingbridge.com.
 - HEALTHY HAPPENINGS:** 541-706-6690 or www.schafstheatre.com.
 - HULA HOOP CLASSES:** www.hoopdazzle.com or 541-312-6910.
 - IMAGINE HEALTH NOW:** 541-318-4630; maggie@imaginehealthnow.com or www.imaginehealthnow.com.
 - INNERGYSTICS:** 541-388-7395.
 - YENGEAR YOGA OF BEND:** Nadine Sims; 541-318-1186 or www.yogabend.com.
 - YENGEAR YOGA CLASSES:** 541-948-9770 or robbycastano@bendrockadband.com.
 - JAZZercise:** www.jazzercise.com or 541-280-5653.
 - JUMPER SWIM & FITNESS CENTER:** 541-389-7655.
 - KIDS YOGA:** 541-385-5437.
 - LAUGHTER YOGA:** 541-420-2204.
 - LAUGHTER YOGA CLUB:** 541-389-0831 or www.pccoco.org.
 - LIVING FITNESS:** 541-382-2932.
 - MOVEMENT THAT MATTERS:** 541-548-6067.
 - NAMASPP:** 541-650-9550 or www.namaspp.com.
 - NORTHWEST CROSSING:** Yoga; 541-330-8621 or www.hilobah.com.
 - PILATES CENTER OF BEND:** 541-389-2900 or www.pilatescenterofbend.com.
 - PILATES CONNECTION:** 541-420-2927 or www.bendpilatesconnection.com.
 - PILATES FOR CANCER RECOVERY:** 541-647-1800 or www.shellophilates.com.
 - PILATES MAT AND EQUIPMENT INSTRUCTION:** FreshAI/Sports.com/philates or 541-318-7388.
 - QIGONG CLASSES:** 541-330-8894.
 - REBOUND PILATES:** 541-585-1500 or www.reboundpilates.com.
 - REMOND AREA PARK AND RECREATION DISTRICT:** 541-548-7275 or www.raprd.org.
 - REDMOND RUNNING GROUP:** dedwards@bendrockadband.com.
 - SALLY'S HATHA YOGA:** 541-390-0927 or www.sallyshathayoga.com.
 - SILVER STRIDERS:** 541-383-8077 or www.silverstriders.com.
 - SPIRIT OF PILATES INC.:** 541-330-1373 or www.spiritpilates.com.
 - STROLLER STRIDES:** 541-598-5231 or www.strollerstrides.com.
 - SUNDANCE DANCE LLC:** 541-815-8131.
 - TEP-SICHORAN DANCE STUDIO:** Yoga; 541-388-8497.
 - THERAPEUTIC YOGA PROGRAM:** 541-350-1617.
 - TUESDAY PERFORMANCE GROUP:** 541-317-3586.
 - TULEN CENTER FOR MARTIAL ARTS AND WELLNESS:** 541-550-8550.
 - WILLFACE PERFORMANCE TRAINING STUDIO:** 541-350-3938 or trunkdrum@msn.com.
 - WOMEN'S BOOT CAMP:** 541-350-0064.
 - WOMEN'S BOOT CAMP:** 541-419-9699.
 - WOMEN'S BOOT CAMP:** 541-88-5743.
 - YOGA FOR 55:** 541-948-9770.
 - YOGA FOR PEAK PERFORMANCE:** 541-322-9642 or rlm10@bend-yoga.com.
 - YOGA HEART OF REDMOND:** 541-353-0530 or www.earthdancer.net.
 - YOGA JOURNEY:** 541-419-6778.
 - YOGA TO GO:** robbycastano@bendrockadband.com or 541-948-9770.
 - ZUMBA:** 541-383-1994.
 - ZUMBA FITNESS:** 541-678-2707.