July 2020 Patient Education
Regular Programs & Workshops Have Been Cancelled

All workshops and regular programs have been cancelled due to COVID-19 concerns. Please continue to check back in with us as we constantly monitoring the situation.

Patient Education team office hours

Drop-in Available
Monday – Friday

8:00am - 4:00pm
Closed for lunch daily

Redding Center
1035 Placer St. Redding, CA 96001
Central Check-in Lobby

Regular story times

Redding CANCELLED
Tuesdays @ 10:00am
1035 Placer St. Redding, CA 96001

Anderson CANCELLED
Thursdays @ 3:30pm
2965 East St. Anderson, CA 96007

Shasta Lake City CANCELLED
3rd Thursday of the Month @ 3:00pm
4125 Front St. Shasta Lake City, CA 96019

Body balance CANCELLED

Every Monday

9:30am - 10:30am

Redding Center
1035 Placer St. Redding, CA 96001
3rd Floor

Planee Su Plato in Spanish CANCELLED
Used to be Diabetes & Me and Nutrition & Me.

Quarterly - 1st Wednesday of the Month

4:00pm - 5:00pm

Redding Center
1035 Placer St. Redding, CA 96001
3rd Floor

Wellness yoga CANCELLED

Every Tuesday & Thursday

2:30pm - 4:00pm

Redding Center
1035 Placer St. Redding, CA 96001
3rd Floor

Let’s Talk Diabetes CANCELLED

2nd Friday of Every Other Month
February, April, June, August, October, & December

2:00pm - 3:30pm

Redding Center
1035 Placer St. Redding, CA 96001
3rd Floor

New nutrition education videos coming soon! Stay connected with us on SCHC social media platforms to learn when these videos will be available.

Facebook: www.facebook.com/shastachc  Instagram: @shastahealth  YouTube: Shasta Health

For more information call: 530-229-5115