

Lifestyle Change Programs in East Jefferson County

Program Name	Program Type	Program Setting	Population of Focus			webiste	Virtual meeting options	Language(s) Offe	Street Address	City
			Age Group		Other					
Diabetes Prevention Program	Free type 2 diabetes prevention class Learn from certified diabetes educator about how to lower your risk and prevent or delay type 2 diabetes.	Call for details	Adults		Those at risk of developing Type 2 diabetes	https://jeffersonhealthcare.org/news/type-2-diabetes-prevention-class/	virtual meeting during pandemic	English	Jefferson Healthcare	98368
OverEaters Anonymous	OverEaters Anonymous	Community	Adults	All		www.aa.org		English	Meetings in Port Townsend and Port Ludlow. Go to www.aa.org for meeting details	Port Townsend
TOPS	Take Pounds Off Sensibly	Faith-based organization	Adults	All	Church of Christ 385-3693 or 360-385-3603	www.tops.org	Virtual meeting options	English	230 A St.	Port Townsend
TOPS	Take Pounds Off Sensibly	Community	Adults	All		www.tops.org		English	Quilcene Community Center 294952 Hwy 101	Quilcene
TOPS	Take Pounds Off Sensibly	Community	Adults	All	Chimacum Oddfellows (360) 275-2179	www.tops.org		English	Chimacum Lodge 343 Odd Fellows Bld	Chimacum
Weight Watchers	Weight Watchers	Community	Adults	All	Olympic Storage	https://www.weightwatchers.com/us/		English	40-D Seton Rd	Port Townsend
Weight Watchers	Weight Watchers	Community	Adults	All	PT Yacht Club			English	2503 Washington Street	Port Townsend
WIC Supplemental Nutrition Program for Women, Infants, and Children	WIC- Supplemental Nutrition	Jefferson County Public Health 360-385-9400	PG/ BF/ PP Women, Infants, Children < 5	All	Increased fruit & Vegetable benefits June 2021 through September 2021 \$35/ eligible participant	https://www.co.jefferson.wa.us/494/WIC-Nutrition-Program	Remote services offered through the end of the pandemic	English plus language line services	615 Sheridan St	Port Townsend
American Heart Association, Check. Change. Control. Blood Pressure Program (CCCBP)										
Contact your health insurance provider for information about health coaching sessions										

Notes

Call Jefferson Healthcare and ask to speak with the dietitian 360-385-2200

Pandemic meeting changed: Most face to face meetings are NOT meeting physically, but many now offer a virtual meeting option.

<http://www.tops.org/TOPS/FindAMeeting.aspx>

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<https://welcome.weightwatchers.com/>

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