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La Clinica brings personal-growth seminars to southern Oregon

Residents of southern Oregon will be able to enroll in a series of personal-development seminars known as Wings without leaving the area starting in September.

La Clinica purchased the Wings program in March and eventually hopes to make the curriculum available to low-income patients as part of its wellness approach to health care. Adding a southern Oregon calendar for the seminars and offering them publicly is a first step in that plan.

"This is a milestone for us, and we are overjoyed that we were able to make this happen so quickly," said Sherrie Frank, Wings program director for La Clinica.

La Clinica plans an open house for the public to learn more about the program from 4:30 to 6:30 p.m. Wednesday, Aug. 31, at La Clinica Wellness Center, 730 Biddle Road, Medford. Refreshments will be available, and Wings Program Director Sherrie Frank and La Clinica CEO Brenda Johnson will be on hand to talk about the program.

The first offering in the Medford area is the Personal Effectiveness Seminar, the first in a series of three "core" seminars. It will take place in the Hannon Library at Southern Oregon University Sept. 15-18.

The seminars teach communication, team building, and leadership skills in an educational, supportive environment that includes individual and group exercises. More than 35,000 people, including many from this area, have completed the seminars since Wings was formed about 30 years ago.

Once the public seminars are available locally, La Clinica will begin working out the details of making the curriculum available to low-income patients, who generally have not had access to such instruction, said Frank.

This is not the first time La Clinica has expanded its definition of health care to address community need. In 2000, unmet need resulted in La Clinica adding dental care. In 2009, the organization grew to include behavioral health care. More recently, as Oregon began examining how to transform its healthcare system to make residents healthier, La Clinica has explored going beyond the idea of the traditional doctor's visit to programs aimed at whole-person wellness. In addition to the Wings seminars, La Clinica is offering a wide array of classes in its wellness program, including Zumba, yoga, mindfulness, and healthy eating. Most are available to patients for free or at low cost.

La Clinica will continue to offer the Wings seminars in Eugene while expanding to southern Oregon. A full schedule of seminars is available [here](#).

Wings and La Clinica's other wellness offerings will be beneficiaries of La Clinica's annual [Raise Your Heart for Health fundraiser](#) this year; it is scheduled Oct. 2 near Ashland, and tickets are available now.

About La Clinica

La Clinica offers medical and dental care at 17 sites: six primary health centers, East Medford Dental Clinic, nine school-based sites, and a mobile center. Although its mission focuses on providing access to low-income people, La Clinica is open to everyone and served about 27,000 people in about 155,000 visits last year.

La Clinica was founded in 1988 to serve the primary and preventive needs of the migrant and seasonal farm workers in Jackson County. In 2001, in response to an increasing need for affordable primary health, La Clinica expanded its scope to serve every member of the community. All services are offered regardless of a patient's ability to pay, and on a sliding-scale basis for the uninsured and low income.

La Clinica provides primary and preventive medical and dental care, wellness services, behavioral health services, laboratory services, chronic disease management, social services, outreach services, prescription assistance, low-cost medication, referral case management, translation assistance, and Oregon Health Plan application assistance.