



community groups

Community Groups are open to the public. Donations are accepted, however no one will be turned away for lack of funds

Gentle Yoga

Ongoing – Tuesdays 1:30pm – 3:00pm

Method with a three-point emphasis on posture, breath and mindfulness. For all levels.

Qigong:

Ongoing – Fridays 1:00pm – 2:30pm

Through gentle movement, promote self healing while strengthening the body, reduce central nervous system stress, and enhance mental acuity and emotional stability.



We, at the Forestville Wellness Center, believe that each person's health is a unique journey. Through collaborative and sustainable partnerships between patients, practitioners of alternative and traditional medicine, and the greater community, we strive to provide a holistic and integrative model of care to the community of our West County Health Centers patients.

AS PART OF THE WEST COUNTY HEALTH CENTERS

The Forestville Wellness Center is pleased to offer integrative medical visits to West County Health Centers patients. Many thanks to our following partners:



California School of Herbal Studies



Ceres Community Project

Speak with your medical provider about consult referral; groups are available by self-referral.

Call 707-887-0290



FORESTVILLE WELLNESS CENTER

6550 Front Street
Forestville, CA 95436

Hours:

Mondays – Closed
Tuesdays 8:30 AM – 5:30 PM
Wednesdays 8:30 AM – 5:30 PM
Thursdays 8:30 AM – 5:30 PM
Fridays 10:30 AM – 5:30 PM
*Closed for Lunch Daily
12:30 PM – 1:30 PM*

Payment:

We accept most insurance, Medi-Care, Medi-Cal, and current sliding scale.

Contact Us Today:

707-887-0290
fax: 707-887-2790

FORESTVILLE Wellness Center



www.wchealth.org



West County Health Centers

Caring for our Communities

a *californiahealth* center



one-on-one consults

group medical visits

Integrative Health Consults

During these comprehensive visits, our integrative physicians offer holistic treatment plans for children and adults.

Herbal Medicine Consults

One-on-one herbal consultations with graduates and interns from the California School of Herbal Studies.

Osteopathic Visits

Osteopathic manipulative treatment (OMT) is hands-on care, used to diagnose, treat, and prevent illness or injury. This treatment can be used to ease pain, promote healing and increase overall mobility.

Medical Acupuncture

Acupuncture treatments for pain and metabolic conditions are performed by our West County Health Centers' medical providers.

Ayurvedic Consults

Consultants trained at the Dhyana Center provide a fresh look at health issues. Using a 6,000 year old system of Ayurveda, consultants assess basic constitutional type, determine what imbalances of the elements exist within the body, mind and spirit, and offer self-care remedies that are simple and effective.

NAET: Nambudripad's Allergy Elimination Technique

Devised by Devi Nambudripad, a California based chiropractor and acupuncturist, drawing on kinesiology, acupuncture, acupressure, nutritional management and chiropractic methods to determine and treat allergies.

HeartMath®

This consult uses a biofeedback modality based on over 15 years of scientific research on psychophysiology of stress, emotions, and the interactions between the heart and brain. Harness the power of the heart's intelligence for managing emotions and keeping energy levels high.

Naturopath

Steeped in traditional healing methods and practices, naturopathic medicine focuses on holistic, proactive prevention and comprehensive diagnosis and treatment. Naturopathic physicians help facilitate the body's inherent ability to restore and maintain optimal health.

Nutrition

Most chronic disease, including diabetes and heart disease, can be improved with eating good food. Come meet with our nutrition expert to find out about how to improve your health with food.

Living Well with Diabetes

Ongoing – Tuesdays 1:30pm – 3:00pm
Current information on diabetes, meal planning and support. Plus forum for weekly discussion and nutrition demos. Suitable for Pre-diabetes.

Cooking + Eating for Better Health

Ongoing – 2nd & 4th Wednesdays 10:30am – 12:15pm
Practical advice on food planning, nutritional education, demos, and option to purchase, or use your EBT card for local and organic produce. Call for location.

Way Cool

Ongoing – Wednesdays 4:00pm – 5:00pm
West County Active Youth Collaborating on Organic Lifestyles provides kids (ages 5-12) and their families with healthy lifestyle education, exercise activities and nutrition discussions!

Beyond Stress

Ongoing – Thursdays 1:30pm – 3:00pm
An informative group designed to help participants recognize their stress triggers and establish a daily practice for stress reduction.

Ayurveda for Greater Wellness

Ongoing – Thursdays 1:30pm – 3:00pm
Learn simple self-care tools for daily life. Topics Include: hydration, lymphatic system, digestion, foods, spices, breath work and meditation.

Mindful Eating

Ongoing – Thursdays 3:30pm – 5:00pm
Incorporate new habits with foods we choose to eat. Includes mindful nutrition activities.

Living Well with Pain

Ongoing – Wednesdays 1:30pm – 3:00pm
Learn strategies for increasing quality of life and decreasing severity of pain. Includes an anti-inflammatory nutrition demo and a gentle movement exercise.

Freedom from Smoking

Ongoing – Call for date and time
Quit tobacco in a supportive atmosphere with facilitators trained by the American Lung Association. Call for date, time & location.

Writing For Our Lives: for Women

Ongoing – Tuesdays 1:30pm – 3:00pm
Healing through writing. The power of being heard allows us the opportunity to relate and connect with others.



FORESTVILLE WELLNESS CENTER
707-887-0290 • whealth.org

Dates and times of classes are subject to change. Please call us to confirm.