

FORESTVILLE

# Wellness Center

## Qigong

Community Class



Education

Support

Resources

Alternatives

Community

### What:

Qigong enables self-healing while strengthening the body, reducing central nervous system stress, and enhancing mental acuity and emotional stability. It has been shown to “activate the body’s natural self-regulatory healing capacity; balancing the sympathetic and parasympathetic nervous systems.” It is gentle yet powerful, utilizing the principles of Traditional Chinese Medicine. Qigong can be an adjunct treatment for many chronic conditions.

Donations accepted. No one is turned away for lack of funds.

### When:

Every Friday – 1:00 pm to 2:30 pm

### Where:

**Forestville Wellness Center**  
6550 Front Street, Forestville, CA  
(easy to find downtown) 707-887-0290

### Who:

Any **Community Member**

### How:

Call the **Forestville Wellness Center** for more information. First come, first served. Please call to be added to the class roster.

**wchealth.org**  
707-887-0290

FORESTVILLE WELLNESS CENTER: 707-887-0290

RUSSIAN RIVER HEALTH CENTER: 707-869-2849

SEBASTOPOL COMMUNITY HEALTH CENTER: 707-824-9999

GRAVENSTEIN COMMUNITY HEALTH CENTER: 707-823-3166

OCCIDENTAL AREA HEALTH CENTER: 707-874-2444



**West County Health Centers**

*Caring for our Communities*

a california *health* center

**FORESTVILLE WELLNESS CENTER**  
6550 Front Street Forestville, CA 95436

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

**CONTACT US TODAY:**  
707-887-0290 . fax: 707-887-2790

**HOURS:** Mondays: Closed | Tuesdays through Thursdays: 8:30 am – 5:30 pm | Fridays: 8:30 am – 3:30 pm | Closed from 12:30pm – 1:30pm