

FORESTVILLE

Wellness Center

Cooking & Eating for Better Health

shared medical visits

IN COLLABORATION WITH THE CERES COMMUNITY PROJECT



- Education
- Support
- Resources
- Alternatives
- Community

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

What:

Support your health and increase your daily sense of well-being with practical advice on how to make healthy food choices and create delicious and healthy meals for you and your family.

LOVE UP YOUR HEART

- 1/10 Heart-Healthy Fats & Carbs
- 1/24 Heart-Healthy Proteins
- 2/14 Lower Inflammation Foods
- 2/28 Lower Inflammation Herbs & Lifestyle
- 3/14 Know Your Packaged Food Ingredients
- 3/28 Eating Heart-Healthy on a Budget

MANAGE YOUR SUGAR

- 4/11 Blood Sugar: Impact of Foods
- 4/25 Blood Sugar: Lifestyle
- 5/9 Detoxing from Sugar
- 5/23 Uncover Sugar in Processed Foods
- 6/13 Party-Time: Eating Out Guide
- 6/27 Sugar & Inflammation

YOU ARE WHAT YOU DIGEST

- 7/11 Restore Your Digestive Power
- 7/25 Get More Nutrients from Your Diet
- 8/8 Eating to Address Allergies
- 8/22 Eating for Digestive Health on a Budget
- 9/12 Gut-Healthy Fats & Carbs
- 9/26 Gut-Healthy Proteins

DE-STRESS YOUR LIFE

- 10/10 Build Immunity with Foods
- 10/24 Herbs & Lifestyle for Immunity
- 11/14 Less Stress = Less Inflammation
- 11/28 Party-Time Healthier Holidays
- 12/12 Detoxing from Sugar

When:

Ongoing – 2nd and 4th Wednesdays, 10:30 AM – 12:15 PM

Where:

Forestville Wellness Center
6550 Front Street
Forestville, CA 95436

Who:

Any **West County Health Centers** patient interested in nutrition education

How:

Call the **Forestville Wellness Center** to sign up now.

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 californiah^hcenter

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