

FORESTVILLE

Wellness Center

Freedom From Smoking

shared medical visits



Education

Support

Resources

Alternatives

Community



wchealth.org

707-887-0290

What:

Highly-effective **Stop Smoking** (and chewing) **Program**.

- Learn how to quit in a *positive & supportive* atmosphere
- 40% of participants are still tobacco free 1 year after completion
- Curriculum is based on the American Lung Association's Freedom from Smoking program

West County Health Centers can offer additional support with smoking cessation with the following:

- Herbal consults
- Medical Acupuncture treatment in a group setting
- HeartMath
- Hypnotherapy appointment
- Behavioral Health appointment
- EMDR appointment

When:

Tuesday, January 22nd: 8 sessions

Tuesday, March 19th: 8 sessions

Where:

Gravenstein Community Health Center

652 Petaluma Avenue Suite F

Sebastopol, CA 95472

Who:

West County Health Centers patients who are current smokers would benefit from this information packed, supportive program.

How:

Call the **Forestville Wellness Center** today for more information and/or to save your spot in this helpful group.

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

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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