

FORESTVILLE

Wellness Center

Resilience

Thriving in an Uncertain World

shared medical visits



Education

Support

Resources

Alternatives

Community



wchealth.org

707-887-0290

What:

A one-time, 2-hour shared medical visit focused on the power of Resilience, and will include the following:

- The characteristics of the brain that foster resilience and those that hinder it.
- The value of positive experience.
- How to use and then release negative energy.
- Attention, Intention, and Energy.
- How self-compassion helps us to be resilient.
- The mind-body conversation we call biofeedback.
- Resources for resilience available at the Wellness Center
- Establishing a practice to increase resilience.

When:

Starting Wednesday, November 14th from 1:30 – 3:30pm

Where:

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

Who:

Any **West County Health Centers** patient who would like education, support, and tools for stress management.

How:

Call the **Forestville Wellness Center** to sign up for this excellent 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

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