

FORESTVILLE

Wellness Center

Ayurvedic Medicine Consultations

one-on-one consults



Education

Support

Resources

Alternatives

Community



wchealth.org

707-887-0290

What:

Born out of India, Ayurveda is the science of health; in Sanskrit, “Ayurveda” literally means the “Science of Life”. This healing science was created, and has evolved over centuries to holistically evaluate the symptoms of mind, body, and spirit as an integrated whole. Our practitioners provide patients with education and helpful tools for ongoing self-care. These Ayurvedic consultations will help you to understand your unique constitution and how to make healthful choices about food, herbs, and other tools for rebalancing yourself for optimal well-being.

When:

By Appointment: Tuesday and Wednesday mornings, and Thursday afternoons.

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 to learn tools for health self-management and rebalancing themselves—physically, emotionally, and mentally.

How:

Discuss with your Care Team and ask your medical provider for a referral. For more information, call us today.

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