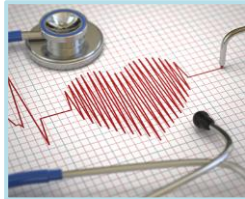


FORESTVILLE

Wellness Center

Heart Math®

one-on-one consults



Education

Support

Resources

Alternatives

Community



wchealth.org

707-887-0290

What:

This personal consult uses a biofeedback modality based on over 15 years of scientific research on psycho physiology of stress, emotions, and the interactions between the heart and brain. This consultation is designed to harness the power of the heart's intelligence, including ways to manage your emotions and keep energy levels high.

When:

By Appointment: Tuesday – Thursday

Where:

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

Who:

Any **West County Health Centers** patient with any of the following clinical conditions:

- Acute, chronic and recurring pain
- Psychophysiological conditions
- Learning and performance issues
- Other chronic illnesses

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