

FORESTVILLE

Wellness Center

Nutrition Consults

one-on-one consults



What:

We are pleased to offer consults with nutrition expert Mary Sheila Gonnella. Most chronic disease, including diabetes, heart disease, and diseases of the digestive tract can be improved with eating good food. Come meet with our nutrition expert to find out about how you specifically can improve your health with food.



When:

By Appointment: Wednesdays

Where:

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

Education

Support

Resources

Alternatives

Community



Who:

Any West County Health Patient who would like support making changes with their diet, digestion and overall health using food as medicine.

How:

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


wchealth.org
707-887-0290

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