



West County
Health Centers

Caring for our Communities



FORESTVILLE WELLNESS CENTER

Integrative Consults: Monday & Friday afternoons

40-minute visits focused on homeopathy and alternative remedies for children and adults. Ideal for people with sensitivities to conventional medicines.



Osteopathic Visits: Monday & Thursday afternoons

A series of movements designed to correct disturbances in muscles, ligaments and joints for babies, children and adults.

Herbal Consults: 1st & 3rd Mondays

One on one hour-long herbal lifestyle consults, working with volunteers from the California School of Herbal Studies.





Nutrition Education Classes: 2nd & 4th Mondays

WCHC is collaborating with the Ceres project to offer a variety of nutrition education classes from 3:00pm – 5:00 pm.

Monday, January 23rd 3:00-5:00 ~ Healthier Meal Choices

Come explore the importance of making good choices when buying canned, frozen or pre-prepared foods. Learn how to read food labels, what they mean to your health and what proper portion sizes really look like.

Irma Sivcevic, NE

Monday, February 13th 3:00-5:00 ~ Great Energy, Great

Moods, Healthy Weight! *Eating to manage your blood sugar.* Learning how to balance your blood sugar is critical for everyone, not just people with diabetes. Whether you're trying to loose weight, increase your energy, improve your moods, or better manage your diabetes, this class is for you. Julie Halpin, NC

Monday, February 27th 3:00-5:00 ~ Immune Boosting Broth

Ceres Community Immune Broth is an excellent way to support your health. Find out how to make an herb infused broth and learn about all the nutritional benefits that the ingredients bring to keep you healthy through the winter months. Jacque Lefler, NC

Monday, March 12th 3:00-5:00 ~ Heart Healthy Fats

Gone are the days of non fat everything being the secret to optimal health. Join us as we talk about healthy fats and oils, which ones are heart healthy, which ones to avoid, and ways to incorporate them into a healthy lifestyle and diet. Irema Sivevic, NE

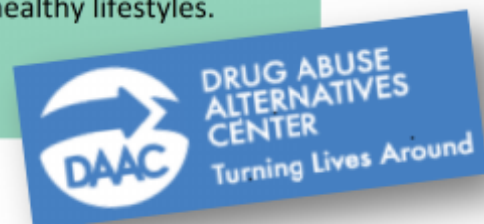
Monday, March 26th 3:00-5:00 ~ Anti Inflammatory Foods and

Herbs There are so many delicious anti inflammatory foods and flavorful herbs that can be added to your diet to improve your health. Join us as we discuss foods and herbs which support the body's immune system and its ability to inflammation

Drug Abuse Alternatives Center Series: Tuesday afternoons

Partnering with the Drug Abuse Alternatives Center, we are offering this supportive and practical series of classes to support healthy lifestyles.

Open to non-WCHC patients as well.





Acupuncture and Massage: Friday afternoons

Internal and external referral services for low-cost, sliding scale acupuncture and massage services.

In collaboration with the Northern California Center for Well-being:

Smoking Cessation Series: Learn to quit smoking in an empowered and supportive environment. Class participants have a high rate of success at being tobacco-free one year later.

Chronic Pain Class: Reduce fatigue and feel healthier by self management and care.

Diabetic Management: Learn tools for eating and exercising to care for your diabetes with this educational program.

Diabetes Meal Planning: Fine-tune your diabetes meal-planning skills with this in-depth series of nutrition classes.

Teen Weight Control: Teens will learn how to improve health and fitness using a combination of nutrition education, exercise and self-control methods.



n o r t h e r n c a l i f o r n i a
Center for Well-Being

LEARN WELL • LIVE WELL

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