



Local Diabetes Education Resources

☺ = Spanish speaking agency

Forestville Wellness Center (West County Health Centers) **887-0290, 6550 Front Street, Forestville, www.wchealth.org** – Integrative consults, osteopathic manipulation, herbal consults, massage, acupuncture, wellness classes including: diabetes management, chronic pain, drug abuse alternatives, smoking cessation, and nutrition education.

☺ **Northern California Center for Well-Being (NCCWB):**

Offers a variety of health education programs, including various diabetes self-management classes. Provides information, tools and skills to help make long-term, healthy lifestyle changes. Medicare and various other insurances accepted; sliding scale available if needed.

Address: 365 Tesconi Circle, Suite B in Santa Rosa, 95401

Phone: 707-575-6043

Email: info@nccwb.org

Website: www.norcalwellbeing.org

☺ **Kaiser Permanente:**

Offers a range of classes pertaining to diabetes health, meal-planning, pre-diabetes and nutrition. Spanish class. Free support groups in English and Spanish. Classes are also offered on topics not specific but still related to diabetes: cholesterol, heart health, etc.

To get a “non-member” number to participate in classes, call 571-4167.

Address: Santa Rosa Medical Center

401 Bicentennial Way, Santa Rosa, CA 95403

Phone: (707) 393-4167 or (707) 566-5277

Website: www.kaisersantarosa.org/classes

☺ **West County Health Centers: Health Education**

Certified Diabetes Educators/RNs available to discuss, one-on-one or within family group settings: nutrition, exercise, goal-setting and general diabetes self-management.

Website: www.wchealth.org