



Chronic Conditions Management

☺ = 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:** 707-575-6043

www.norcalwellbeing.org

365B Tesconi Circle and 3536 Mendocino Avenue, Santa Rosa.

Provides health education, wellness, and prevention services. Some discounts may apply.

Classes include:

- ◆**Arthritis, Fibromyalgia, and Chronic Pain Self-Help**
- ◆**Understanding Hepatitis C**
- ◆**Preventing Heart Disease and Diabetes**
- ◆**Diabetes Wellness Series (See Diabetes Education Page)**
- ◆**Nutritional Counseling**
- ◆**Mind/Body Connection**
- ◆**Smoking Cessation**

*For diabetes see Diabetes Education