



## Local Diabetes Education Resources

☺ = Spanish speaking agency

**Forestville Wellness Center** (West County Health Centers) **887-0290, 6550 Front Street, Forestville, [www.wchealth.org](http://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](mailto:info@nccwb.org)**

**Website: [www.norcalwellbeing.org](http://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.healthy.kaiserpermanente.org](http://www.healthy.kaiserpermanente.org)**

☺ **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](http://www.wchealth.org)**