

Health Education Classes

☺ = 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:** www.norcalwellbeing.org, **575-6043**
Takes major insurances and accepts sliding-scale cases for those who are income-eligible.
Offering classes on a variety of subjects, call for more information.

☺ **Kaiser Permanente Healthy Living programs and services:**
www.healthy.kaiserpermanente.org, **571-4167**
All programs listed are open to the public, and located in Santa Rosa on Bicentennial Way.
See web site or call for class times and fees. Offering classes on a variety of subjects, call for more information.

☺ **West County Health Centers:** www.wchealth.org
Registered nurses, Certified Diabetes Educators, health educators are available for consultation, goal-setting, lifestyle change and providing other health-related information.
Call to set up an appointment:
Occidental: 874-2444
Russian River: 869-2849
Sebastopol: 824-9999