

FORESTVILLE

Wellness Center

Living Well with Diabetes

shared medical visit



Education

Support

Resources

Alternatives

Community



wchealth.org
707-887-0290

What:

Led by Wendy Wiley PA and Barbara Smith DM Educator, Living Well with Diabetes includes the following topics:

- 1/15 Basic Diabetes Information
- 1/22 Healthy Eating
- 1/29 Monitoring Your Blood Glucose
- 2/5 Using Medications
- 2/12 Being Active
- 2/19 Preventing Complications
- 2/26 Reading Nutrition Labels
- 3/5 Coping & Problem Solving

Plus, four sessions focusing on meal planning. With Nutrition Demos!

- 3/12 Breakfast
- 3/19 Lunch
- 3/26 Dinner
- 4/2 Snacks

Suitable for Pre-diabetes.

When:

Ongoing - Tuesdays 4:00 PM – 5:30 PM

Where:

Forestville Wellness Center

6550 Front Street, Forestville, CA
(easy to find downtown) 707-887-0290

Who:

Any patients of **West County Health Centers** who want to control their diabetes and make a difference in their health.

How:

Call the **Forestville Wellness Center** today for more information and/or to save your spot in this helpful group.

FORESTVILLE WELLNESS CENTER: 707-887-0290

RUSSIAN RIVER HEALTH CENTER: 707-869-2849

SEBASTOPOL COMMUNITY HEALTH CENTER: 707-824-9999

GRAVENSTEIN COMMUNITY HEALTH CENTER: 707-823-3166

OCCIDENTAL AREA HEALTH CENTER: 707-874-2444



West County Health Centers

Caring for our Communities

a californiah^hcenter

FORESTVILLE WELLNESS CENTER
6550 Front Street Forestville, CA 95436

PAYMENT: We accept most insurance, Medi-Care, Medi-Cal, and current sliding scale.

CONTACT US TODAY:
707-887-0290 . fax: 707-887-2790

HOURS: Mondays: Closed | Tuesdays through Thursdays: 8:30 am – 5:30 pm | Fridays: 8:30 am – 3:30 pm | Closed from 12:30pm – 1:30pm