

FORESTVILLE

# Wellness Center

## Living Well with Pain

shared medical visits



Education

Support

Resources

Alternatives

Community



**wchealth.org**  
707-887-0290

### What:

The focus of this shared medical visit is to support patients who are living with chronic pain. We will help you understand what chronic pain is, and with this understanding, find ways to lessen our suffering. Together, we will explore the psychology and physiology of pain, medications, both traditional and alternative treatment modalities, movement, new research, and developments in our understanding and treatment of pain. Each session will start with a relaxation exercise and a short check in.

### When:

Ongoing – There are two different options:  
1<sup>st</sup> & 3<sup>rd</sup> Wednesdays from 4:00 pm – 5:30 pm  
2<sup>nd</sup> & 4<sup>th</sup> Wednesdays from 6:00 pm – 7:30 pm

### Where:

#### 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays

Gravenstein Community Health Center  
652 Petaluma Avenue, Suite F  
Sebastopol, Ca 95472

#### 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays

Russian River Health Center  
16319 3<sup>rd</sup> street  
Guerneville, Ca 95446

### Who:

Any **West County Health Centers** patient who is interested in learning proven techniques and skills to help manage pain.

### 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<sup>h</sup>ltht.center

**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