

FORESTVILLE

Wellness Center

Meditation: The Art of Feeling Good

shared medical visits



What:

Explore and work through internal obstacles to have positive affective experiences, develop a sense of belonging, and feel improved self-worth through mindfulness practice in a safe and non-judgmental group setting. This group medical visit is led by Edmee Danan MD and Brian Stricker LCSW, both experienced Meditation Teachers and Behavioral Health Clinicians.

When:

Every Tuesday morning from 11:00 am – 12:30 pm

Where:

Gravenstein Community Health Center
652 Petaluma Ave Suite F
Sebastopol, CA 95472

Who:

Any **West County Health Centers** patient looking for a supportive community in which to explore the obstacles to happiness.

How:

Call the **Forestville Wellness Center** to sign up today.

Education

Support

Resources

Alternatives

Community



wchealth.org

707-887-0290

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 california *health* 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