

Mindful Eating

shared medical visits



Education

Support

Resources

Alternatives

Community



wchealth.org
707-887-0290

What:

By exploring mindfulness as it relates to the daily act of eating, we can incorporate new habits with the foods we choose to eat. This shared medical visit will:

- Support you in making more mindful choices around how and what you eat.
- Provide guidance in finding clarity on individual health goals.
- Affirm the choices we have around food.
- Provide information about the body, whole food nutrition, and why processed corporate foods can be addictive.
- Include meal planning for success.

Mindful Eating is designed to be interactive and supportive to making change week by week.

When:

Ongoing – Thursdays, 3:30 PM – 5:00 PM

Where:

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

Who:

Any **West County Health Centers** patient who would like to learn tools and practices to foster a healthier relationship with food

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

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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