



Volunteers Needed!

- Farmacy:** Thursdays 2:45-5:45 to run the produce stand and CSA drop off site at the Forestville Wellness Center
- Mindful Eating Class Aide:** Thursdays 3:30-5 to assist with set up, class help and clean up at the Forestville Wellness Center.
- **Ceres Class Aide Alternate:** 2nd & 4th Wednesday 10:15-12:15 to assist with set up, food prep, and clean up at the Forestville Wellness Center.



Thank you Apple Blossom Marchers!

Calendar

- May 3** **Day at the Capital 2016, Sacramento:**
Staff and Volunteers will be at WCHC's info table, attending an event luncheon, and visiting legislators, including Mike McGuire and Jim Wood to advocate for healthcare.
- May 11** **Occidental CalFresh Enrollment Event 3-6pm**
- May 18** **Russian River CalFresh Enrollment Event 3-6pm**
- May 23** **Sebastopol CalFresh Enrollment Event 3-6pm** } **Volunteers Needed!**
Open to the community to can come get signed up for CalFresh on the spot and get free food!
- May 6** **Walkers Needed!**
Human Race, Santa Rosa: Walk this 5K with our team. This is a huge and entertaining event—and it is over by 11am!
- May 21** **Alternate Needed!**
Sebastopol Farmers Market 10-1:30
Tabling at this community event to spread the word about WCHC and the services provided.
- June 3rd** **Marchers Needed!**
Pride Parade, Guerneville: Join the group to walk in the fun parade flaunting our WCHC spirit.
- June 10th** **Marchers Needed!**
Stumptown Daze Parade, Guerneville: Marching in another Guerneville Parade to promote WCHC.

* Coming soon: WCHC Volunteers at Russian River Farmers Markets on Thursdays from 3-7pm.

Volunteer Highlight

*Molly Gallagher has been volunteering with WCHC for one year, leading the Farmacy and now helping with the Mothering Workshops in Sebastopol. Check out what Sarah Hollister has to say about the Molly's important role:

"It has been such a great addition to have Molly helping at our Lactation Clinic and postpartum support group. She fits right in with the group's mission and culture, and is a trusted presence to the new moms. I am grateful to have her help with coordinating flow of the often busy drop-in Lactation Clinic. What a great resource!"

—Sarah Hollister, RN, PHN, IBCLC, Comprehensive Perinatal Services Program Coordinator at West County Health Centers



Give Back Tuesday Success

On March 7th, West County Health Centers hosted Give Back Tuesday at the Rainbow Cattle Company. Thanks to the staff, volunteers and community support over \$1,800 was raised to support patient care at the Russian River Health Clinic and Dental Clinic.



1-2-3 Robin!

Big thanks to Robin Bowman for using her photography talent to take the staff photo at the all staff meeting on April 27th. Making everyone smile and look great!



Happy Birthday!

- * **May:** Marilyn Bates, Lou Mills
- * **June:** Jill Brogan,

Happy Anniversary!

(Volunteering with WCHC)

- * **May:** Jeremy McCarten (1)
- * **June:** Marilyn Bates (2), Molly Gallagher (1)

To sign up for events, questions, or to refer a friend please contact:

*Laura: 707-823-3204 Ext. 6454 or
lmoos@wchealth.org

*Becca: 707-823-3204 Ext.6453 or
rhowell@wchealth.org