Forestville Wellness Center
West County Health Centers

One-on-One consults
Integrative health consults, herbal medicine consults, osteopathic visits, naturopath, medical acupuncture, ayurvedic consults, HeartMath, nutrition education

Group Medical Visits*
Living Well with Diabetes, Cooking & Eating for Better Health, Beyond Stress, Ayurveda for Greater Wellness, Mindful Eating, Living Well with Pain, Freedom from Smoking, Women’s Writing Group
*Date and times of classes are subject to change, please call to confirm

Visit https://www.wchealth.org/service/wellness-services/ to learn more about Wellness Services available to West County Health Centers’ patients

Forestville Wellness Center
6550 Front Street
Forestville, CA 95436
(707) 887-0290

Acupuncture & Chinese Medicine

Asyrah’s Garden Acupuncture Spa
Acupuncture, massage, myo-osteo therapy, herbal medicine, nutritional support & more
https://asyrahsgarden.com/
(707) 823-2866
8967 Graton Road
Graton, CA 95444

Forestville Acupuncture – Richard Rosen, LAC
Acupuncture, pediatric acupuncture, herbs & supplements, tinctures, body care, teas
http://www.forestville-acupuncture.com/home
(707) 887-1165
6544 Front Street
Forestville, CA 95436

Sebastopol Community Acupuncture
Community acupuncture, herbal medicine, cupping
http://www.sebastopolcommunityacupuncture.com/
(707) 823-2217
876 Gravenstein Hwy S. #7
Sebastopol, CA 95472

Updated 9/2019
Alternative / Integrative Health

Ayurveda

Dhyana Center
Ayurvedic treatments, massage, day retreats, midwifery, nutrition counseling, yoga, apothecary bar
https://www.dhyanacenter.com/
(707) 823-8818
186 North Main St.
Sebastopol, CA 95472

Ayu-Jyoti- Mamtu Sahu Landerman, C.A.S. P.K.T
Ayurvedic consultations, Jyotisha (vedic astrology)
http://www.ayujyoti.com/
(707) 321 S. Main St. #45
Sebastopol, CA 95472

Dr. Helen Mary Thomas – Ayurvedic Physician / “Indigestion Guru”
Ayurvedic consultations, indigestion specialist, chiropractic work
http://www.indigestionguru.com/
(707) 527-7313
2880 Cleveland Ave. Ste 4
Santa Rosa, CA 95403

Integrative/Naturopathic/Homeopathic

Amitabha Medical Clinic & Healing Center
Integrative cancer prevention & treatment, therapeutic apheresis, traditional Chinese medicine, acupuncture, intravenous therapy, nutritional counseling, mind-body medicine & more
http://www.amitabhaclinic.com/
(707) 542-5900
398 Tesconi Court
Santa Rosa, CA 95404

Gail Dubinsky, MD
Orthopedic medicine, osteopathic manual therapy, R.S.I. (repetitive stress injury) specialist, yoga
https://www.gaildubinskymd.com
(707) 829-7596
1205 Gravenstein Hwy South
Sebastopol, CA 95472

Family Wellness Medical Center - Yusuf Erksine, DO
Osteopathy, homeopathy, HIV & AIDS care, yoga
https://www.drerskine.com/
(707) 829-5455
506 South Main Street
Sebastopol, CA 95472

Updated 9/2019
The Biological Dental Center - Andrew Landerman, DDS
Holistic dentistry, homeopathic remedies, ayurvedic, mercury removal, herbal medicine, & more
http://www.drlanderman.com/
(707) 829-0200
145 Pleasant Hill Ave. Ste 201
Sebastopol, CA 95472

Hill Park Integrative Medical Center
IV nutrient therapy, hormone health, acupuncture & Chinese medicine, herbal medicine, natural allergy treatment, & more
https://hillparkmedicalcenter.com/
(707) 861-7300
4365 Petaluma Ave. Ste 150
Sebastopol, CA 95472

Stillpoint Family Health Services – Michael Lipelt, DDS,ND,LAC
Naturopathy, acupuncture, biological dentistry, traditional Chinese medicine
https://www.stillpointhealthcare.com
(707) 303-7411

Massage Therapy, Bodywork, Spas
Cottage Massage – Barbra Friedman
https://www.barbrafriedman.com/
(707) 696-2009

Radiant Health – Holistic Community Health Center
http://www.communityholistichealth.com/
Integrated massage therapy, chiropractic, network spinal analysis & more
(707) 824-0340

Olivia Parrish, RN
http://www.oliviaparrishrn.com/
Orgonomic psychotherapy, Reichan therapy
(707) 206-2943

Osmosis Day Spa Sanctuary
https://www.osmosis.com
Cedar enzyme bath, massage therapy, facials
(707) 823-8231

Joani Shaw – Airport Health Club
https://www.airportclub.com/category/staff-types/massage-therapist
Swedish massage, acupressure, yoga, lomi somatic education, bio-energetics
(707) 528-2582

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