Weight Loss Resources

Forestville Wellness Center – West County Health Centers
Group Medical Visits & Individual Patient/Provider appointments
-Integrative health consults, osteopathic visits, nutrition consultations, diabetes management, healthy eating
Contact Forestville Wellness Center for class schedules & appointment availability
(707) 887-0290
6550 Front Street, Forestville CA 95436
https://www.wchealth.org/location/forestville-wellness-center/

Northern California Center for Well Being
Health education, wellness, and prevention services
Classes include: Diabetes, Healthy Weight, Movement, Nutrition counseling
(707) 575-6043
101 Brookwood Ave. Suite A, Santa Rosa, CA 95404
https://www.norcalwellbeing.org/

Kaiser Permanente Medical Weight Management Program
Meal replacement plans, weekly group sessions, long-term support, medical supervision
3975 Old Redwood Hwy. Medical Office Building 5
Santa Rosa, CA 95403
(707) 566-5674
https://www.kphealthyweight.com/

Jenny Craig – Santa Rosa
Weight loss program – meal plans, dedicated personal consultant
1401 Guerneville Rd. #300 Santa Rosa, CA 95403
(7087) 573-1500
www.jennycraig.com

TOPS (Take Off Pounds Sensibly)
Weekly meetings (online or local chapter), flexible meal plans, educational resources & tools
(707) 766-8714
https://www.tops.org/tops/TOPS/FindAMeeting.aspx

Weight Watchers
Weight loss management program, meal plans, group coaching, wellness workshops
WW Studio locations: Sebastopol, Santa Rosa, Healdsburg, Windsor, Rohnert Park, Petaluma
www.weightwatchers.com

Overeaters Anonymous- Sonoma County Intergroup
12 step recovery program for compulsive eating and compulsive food behaviors
(707) 538-9770
Info@oasonoma.org
https://www.oasonoma.org/

Food Addicts in Recovery Anonymous (FA)
12 step recovery program for food addiction
(781) 932-6300
fa@foodaddicts.org
www.foodaddicts.org