What:
Join us for a group experience where we will learn, visit, cook, and eat dinner together! This Group Medical Visit is facilitated by a Nutrition Consultant from Ceres Community Project and a Medical Provider from the Forestville Wellness Center.

We believe that food is medicine, which can be simple, accessible, nutritious, and contribute greatly to your overall well-being. This 7-week series, offered to all West County Health Centers’ patients, will inspire a renewed vision of your health, and provide foundational information on nutrition and how to create new habits, goal setting for success, meal ideas and planning!

The Nutrition Consultant facilitating the group is fluent in both Spanish and English and all are welcome. Kids too!

When:
February 11th – May 12th: The 2nd and 4th Tuesday Evenings, 5:30 PM – 7:15PM

Where:
Gravenstein Community Health Center
652 Petaluma Avenue, Suite F, Sebastopol, CA 707-823-3166

Who:
Any West County Health Centers patient interested in nutrition education.

How:
Please call the 707-887-0290 for more information and to set up a consultation with your medical provider before enrollment.

Payment:
Shared Medical Visits are billed as a medical visit and will mirror the cost of a standard medical visit at your primary care site.