

Schedule of Shared Medical Visits Over Zoom

Tuesday	Wednesday	Thursday	Friday
Meditation: The art of feeling good 10:30a-12:30p	Parent Support 12:30p-1:30p	Mindful Eating 3:30p-5:00p	Qigong Community Group 2:00p-3:30p
Women's Writing 1:30p-3:30p	Living well with Pain 1:30p-3:30p		Meditation: The Art of Feeling Good 4:00p-5:30p
CERES Friends & Family Dinner: Cooking with your Clinic 5:30p-7:15p 2 nd & 4 th Tuesday	Loving yourself Through It All: Coping Skills 3:30p-5:00p		
	Freedom from smoking 3:30p-5:00p		



Call for Day & Time: Posture & Body Mechanics- 1 hour
Wellness in the Time of COVID- 1 hour

Who:

Shared Medical Visits are open to all patients of **West County Health Centers**.

How:

Simply call **707-887-0290** to reserve your spot for these wonderful and highly effective groups.

Payment:

Shared Medical Visits are a medical visit and your insurance is billed.

WE ARE A SCENT FREE OFFICE. PLEASE REFRAIN FROM WEARING ANY SCENTED PRODUCTS.

- Education
- Support
- Resources
- Alternatives
- Community



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