Heart Math®

What:
This personal consult uses a biofeedback modality based on over 15 years of scientific research on psycho physiology of stress, emotions, and the interactions between the heart and brain. This consultation is designed to harness the power of the heart’s intelligence, including ways to manage your emotions and keep energy levels high.

When:
By Appointment: Tuesday – Thursday

Where:
Forestville Wellness Center
6550 Front Street, Forestville, CA (easy to find downtown) 707-887-0290

Who:
Any West County Health Centers patient with any of the following clinical conditions:
- Acute, chronic and recurring pain
- Psychophysiological conditions
- Learning and performance issues
- Other chronic illnesses

How:
Discuss with your Care Team and ask your medical provider for a referral. For more information, call us today.