**What:**
A comprehensive, holistic evaluation of the patient’s overall health, with specific recommendations for improvement—including the use of nutrition/diet, exercise, herbal medicines, affordable supplements and tools for effective behavioral change. A great ‘gateway’ to the Forestville Wellness Center’s other consultations and wide variety of shared medical visits.

**When:**
By Appointment: Tuesday - Friday

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

**Who:**
Any West County Health Centers patient with sensitivities to conventional medicine, who are reluctant to use medications, or whose medical problems are not satisfactorily responding to usual treatments.

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