Nutrition Consults

What:
We are pleased to offer consults with nutrition expert Mary Sheila Gonnella. Most chronic disease, including diabetes, heart disease, and diseases of the digestive tract can be improved with eating good food. Come meet with our nutrition expert to find out about how you specifically can improve your health with food.

When:
By Appointment: Wednesdays

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

Who:
Any West County Health Patient who would like support making changes with their diet, digestion and overall health using food as medicine.

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