Health Education Classes

Forestville Wellness Center (West County Health Centers) 887-0290, 6550 Front Street, Forestville, www.wchealth.org – Integrative consults, osteopathic manipulation, herbal consults, massage, acupuncture, wellness classes including: diabetes management, chronic pain, drug abuse alternatives, smoking cessation, and nutrition education.

Northern California Center for Well-Being: www.norcalwellbeing.org, 575-6043
Takes major insurances and accepts sliding-scale cases for those who are income-eligible. Offering classes on a variety of subjects, call for more information.

Kaiser Permanente Healthy Living programs and services: www.healthy.kaiserpermanente.org, 571-4167
All programs listed are open to the public, and located in Santa Rosa on Bicentennial Way. See web site or call for class times and fees. Offering classes on a variety of subjects, call for more information.

West County Health Centers: www.wchealth.org
Registered nurses, Certified Diabetes Educators, health educators are available for consultation, goal-setting, lifestyle change and providing other health-related information. Call to set up an appointment:
Occidental: 874-2444
Russian River: 869-2849
Sebastopol: 824-9999