

DEFEATING CHRONIC DISEASE IN THE NORTH BAY.



Taking a stand against chronic disease.

We're tackling chronic disease from all angles—giving you the tools you need to live a full, healthy life.

We offer classes to help you curb the effects of diabetes, arthritis, cardiovascular disease, obesity, and more. We plant the seeds of nutrition and active living. We get out into the community to prevent chronic disease through education, mobilization, and advocacy. And from businesses to healthcare providers, government agencies to schools, we're putting disease on notice with our shared mission.

We're gaining ground on the promise of lifelong health. We're the Center for Well-Being.



40% of Sonoma County adults suffer one or more chronic conditions.¹

¹Source: chcf.org

A commitment to our community.

The Center for Well-Being mentors community leaders—from teens to seniors—to take up the mantle for nutrition and active living. We're teaching about the health impacts of tobacco, alcohol, and other drugs while also promoting policies that ensure healthy environments.



Active Play Every Day

Active recess time, led by trained coaches, inspires kids to get out and move.

Project T.R.U.E.

An award-winning program where teens advocate for alcohol, tobacco, and drug prevention at school and in the community.

Promotores de Salud

Identifying and training community leaders to inspire others to prevent chronic disease.

Additional Preventive + Community Efforts

Nutrition Education
Healthier Living
Healthy Homes
Smoke-free Babies
Cooking Classes
Worksite Wellness
Peer Education

Getting answers and finding help.

Be empowered to take on chronic disease – manage the effects, minimize the symptoms, and set the course for living better and healthier. From our HeartWorks cardiac rehabilitation center to life-changing courses in healthy weight loss, chronic pain management, and more, our clinically-trained staff give you the tools they need to take control.

HeartWorks

A recognized leader in cardiac rehabilitation –where innovative programming and tailored rehab plans contribute to our staggering 95% success rate for blood pressure management.

On average, new participants see a 25% endurance increase following a major cardiac event.

Diabetes

Evidence based self-management programs to help get your condition under control. We use electronic health records to track your progress and communicate with your physician.

Average decrease of 1 point HgA1c for participants 3-6 months after completion of program, leading to 35% reduction in diabetes complications.

Healthy Weight

From weight control to strength training, our courses inspire a lifetime of fitness and minimize the threat of obesity.

Participants averaged 20lb weight loss and more than doubled their physical activity.

Smoking Cessation

Trusted by healthcare providers throughout the region, our smoking cessation program will help you quit or reduce tobacco use.

40% of smoking cessation class participants stay smoke-free 6-9 months after the program.



“When my patients return from a class at the Center for Well-Being, they are more equipped to take control of their health and inspired to live well. Sutter is lucky to have the Center as a resource for our health education needs.”

*–Dr. Gary McLeod, MD
President Sutter Medical Group of the Redwoods*

Bringing it all together.

At the Center, we work across the board to fight chronic disease. Partnering with the entire community—from physicians and hospitals, to schools, businesses, and legislators—we connect everyone who plays a role in the health of our community to build a greater coalition for ending chronic disease.



Community Impact

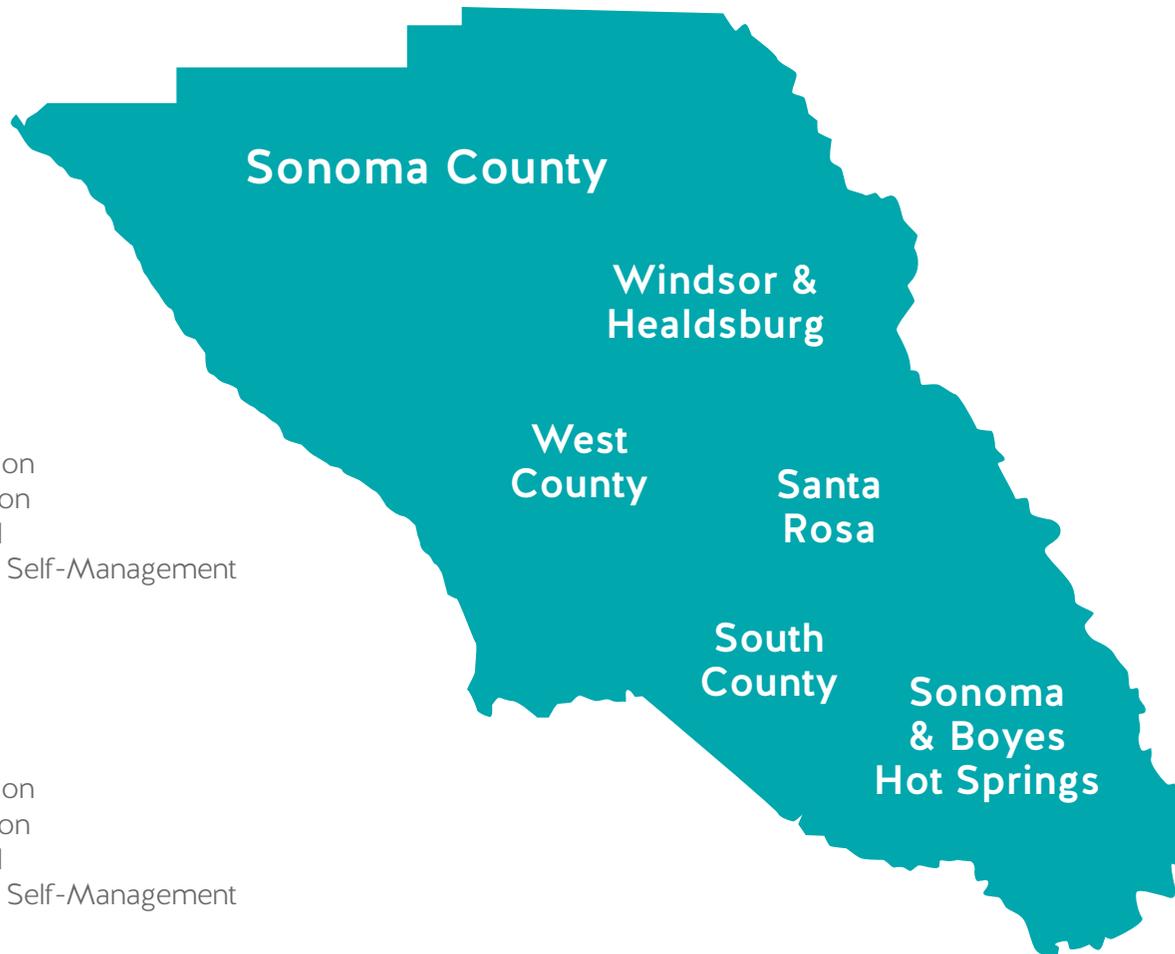
Take advantage of our programs and community efforts across the region.

West County

- + Active Recess
- + Diabetes
- + Nutrition Education
- + Asthma Prevention
- + Tobacco Control
- + Chronic Disease Self-Management

South County

- + Active Recess
- + Diabetes
- + Nutrition Education
- + Asthma Prevention
- + Tobacco Control
- + Chronic Disease Self-Management



Windsor & Healdsburg

- + Active Recess
- + Diabetes
- + Nutrition Education
- + Asthma Prevention
- + Tobacco Control
- + Chronic Disease Self-Management
- + Youth Development/Advocacy

Santa Rosa

- + Cardiac Rehab
- + Active Recess
- + Youth Development/Advocacy
- + Diabetes
- + Nutrition Education
- + Asthma Prevention
- + Tobacco Control
- + Chronic Disease Self-Management

Sonoma & Boyes Hot Springs

- + Nutrition Education
- + Asthma Prevention
- + Tobacco Control
- + Chronic Disease Self-Management



Join a class today and live well.

Enroll now:
NorCalWellBeing.org
or call 707.575.6043

Center for Well-Being
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