

Services Continued:

Eat to Live: Fine-tune your meal planning skills in this fun and interactive class! You'll learn about blood sugar, cholesterol, body weight, and other health indicators, and by the end of the class, you'll have an individualized meal plan to help normalize your appetite, weight, blood sugar, and blood lipid levels.

Pilates: In this fun, slow paced class you can strengthen your body's core muscles – targeting the abs, back, shoulders, and hips. This is a great workout for all ages!



We're your partner in health!

BE WELL!

We Accept the Following Insurances:

- Medicare
- Partnership Health Plan
- Providence Medical Network HMO
- Sutter Medical Group HMO
- Sliding Scale & Scholarships Available!

Telehealth Services Now Available!

Wellness Classes & Services

The Center for Well-Being, the North Bay's premier health education and wellness center, assists in improving the quality of life and health of our community through evidence-based preventive services and self-care classes.

For more information:

info@nccwb.org

707.575.6043

www.norcalwellbeing.org



Be Well!

The Center for Well-Being is here to help you feel and look your best! Whether you'd like to lose weight, better manage your diabetes, control your blood pressure, or learn how to cook healthier for the whole family – we're your partner to help you succeed! Our services are **evidence-based** to improve your health outcomes because they are taught by Registered Dietitians and founded on proven scientific methods that work. All classes are offered in English and Spanish.

We help with:

- Pre-diabetes
- Diabetes
- High Blood Pressure
- High Cholesterol
- Weight Loss
- Other Chronic disease risk factors

Get Started Today!
707.575.6043



Services:

Telehealth: The Center is now offering all of our services virtually! We offer individual medical nutrition therapy visits as well as group classes that you can take in the comfort of your own home.

Medical Nutrition Therapy: All nutrition services are complemented by at least one MNT visit with a Registered Dietitian, and ongoing one-on-one appointments are also offered. You'll be provided with a comprehensive assessment and a medically-advised diet and lifestyle plan based on your diagnosis, lifestyle, and individual needs. This is not a one-size-fits-all approach, but rather, a scientifically backed but individualized prescription that respects and appreciates the unique cultural, linguistic, and personal needs of each person served. We meet you where you are at and help you every step of the way!

Preventing Diabetes and Heart Disease: This is a great introduction to the Center's wellness services. In this class, you'll learn about the importance of diet, exercise, sleep, stress management, and other risk factors for diabetes, hypertension, obesity,

and other chronic diseases. You will learn how to implement lifestyle changes that lead to improved health and wellbeing.

Diabetes Education: This American Diabetes Association-recognized program helps you better manage diabetes, prevent complications, and improve your overall health and well-being. Diabetes is a complex disease and requires a number of informed daily decisions involving diet, physical activity, biometrics such as blood sugar, and medications. We help you understand what diabetes is and how to incorporate lifestyle changes to improve your health!

Weight Management: This class is designed to help you lose weight! This is an innovative approach to weight loss that integrates eating awareness, nutrition, physical activity, self-knowledge, and overcoming barriers to healthful eating. You will better understand the factors that contribute to weight gain, and learn how to take steps to overcome them. We understand that weight loss can be challenging, and we help you create a diet and exercise plan that will work for you. Our clients lose an average of 12 – 20 pounds through this class.