



West County Health Centers

Caring for our Communities

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wchealth.org

Wellness Center

Mindful Eating

With Mary Sheila Gonnella

In this Group Medical Visit:

- Find support in making more mindful choices around how and what to eat.
- Clarify your health goals.
- Learn about the body, whole food nutrition, and why processed corporate foods can be addictive.
- Learn meal planning for success.

Who: Any West County Health Centers patient looking to learn tools and practices to foster a healthier relationship with food.

When: Every Thursday 3:30pm - 5pm over ZOOM.

How: Call the Wellness Center at 707-887-0290.



Hours: T - TH 8:30 - 5:30, F 8:30 - 12:30 **Location:** 652 Petaluma Ave Suite F, Sebastopol, CA 95472

Payment: We accept most insurance - Medi-Cal, Medi-Care, and current Sliding Scale