



January 2017

Dear Community Taxpayer,

Happy New Year!

For many of us, January is the time when we think about our personal goals for the year ahead. Often this includes plans to improve our health, wellness, fitness and lifestyle.

Here at Tahoe Forest Health System, we've got many ways to help you with programs and tools created just for you—and many are free of charge. Our *Tahoe Center for Health and Sports Performance*, located near the Tahoe Forest Hospital campus on Donner Pass Road has innovative support programs in a medically-based environment that will help you "*Rethink Healthy.*"

Our staff is certified and trained to offer support, encouragement, and new ways to reach your goals with weight loss programs and nutrition counseling. There is also the free weekly *Heart to Heart* educational series where you'll get facts to reduce your risk of heart disease, diabetes and pulmonary disease. There are many more programs like health coaching, smoking cessation, stress reduction, biofeedback, caregiver support, pre- and postnatal classes, and more.

We've got a variety of fitness classes too—one for every age level and ability, and private and group classes are always offered. Fitness Center memberships at the *Tahoe Center for Health and Sports Performance* can be purchased for yourself or as a gift. It's a safe, friendly and comfortable environment, open to the public. The *Tahoe Center for Health and Sports Performance* is a medically-managed facility, meaning every member has access to a wellness navigator who will personally help you achieve your goals. For details on all these programs, call (530) 587-3769.

I'd like to tell you too about our new care coordination programs, which are designed to assist patients with chronic conditions to manage their illness for improved quality of life. Care coordinators work closely with the primary care provider, patients and families who are experiencing complex medical conditions. You'll learn self-management skills as well as tools to improve communication about your health care. We'll also help connect you with community resources that might be beneficial to you and your family. To learn more about Care Coordination, call (530) 550-6730.

One of my personal goals is to continually improve our outreach and communication directly to you. We feel it's important to inform you about programs and services right here in town that might help improve your health and life, but I'd also like to hear from you on any topic.

If you ever have a question or concern about your local health care, please send me an email at [info@tfhd.com](mailto:info@tfhd.com).

My sincere best to you and your family in the year ahead!

A handwritten signature in black ink, appearing to read "Harry Weis".

Harry Weis  
Chief Executive Officer  
Tahoe Forest Health System  
Email: [info@tfhd.com](mailto:info@tfhd.com)