

Tahoe Forest Center for Health

Rethink Healthy

Innovative Health, Wellness
and Lifestyle Programs



TAHOE FOREST
CENTER FOR HEALTH

TRUCKEE • TAHOE CITY • INCLINE VILLAGE



INCLINE
VILLAGE
COMMUNITY
HOSPITAL

For more information or to register for a class, call (530) 587-3769 or email wellness@tfhd.com.
10710 Donner Pass Road, Truckee, CA 96161 • TahoeForestWellness.com

Rethink Healthy!

Tahoe Forest Center for Health is a team of health professionals on a mission to educate, inspire and empower the Truckee/Tahoe community to improve their health and well-being through prevention, informed self-care, proactive medical care, chronic disease management and lasting lifestyle changes.

We offer individual and group support to help you create and sustain a healthy lifestyle, including overcoming the challenges of eating better, exercising effectively and managing stress. Our wellness team offers something for everyone!

Call for Pricing. We have options available to fit your needs, (530) 587-3769.

Customer Care Navigation

Guiding local residents and area visitors through Tahoe Forest Health System to improve access to care. Customer Care Navigators make it simple and want you to be satisfied with your patient experience.

Don't know where to start?

**To reach a Customer Care Navigator, please call (530) 587-3769.
Mon-Fri, 6:30 am to 6:30 pm; Sat, 7:45 am to 4:00 pm; Sun, 8:00 am to 1:00 pm**



"I am so grateful that the Customer Care Navigator helped me find transportation to my doctor's appointment. She made a big difference in my life yesterday. Her compassion, willingness to help and to listen isn't something I experience a lot and it helped tremendously."

"The classes and fitness center are just the right fit for me. I feel comfortable here. It's a great atmosphere, and the instructors offer modifications in well-balanced classes. It feels like my second home! Since starting an exercise program at the TFCH, my blood pressure has dropped 30 points and my symptoms from fibromyalgia and chronic fatigue have improved greatly."

Health Coaching

Are you ready to live a healthier, more balanced life? Your coach will provide accountability, motivation, and support to help you work through barriers that have held you back in the past. Health coaching puts you in the driver's seat when it comes to your health!

Self-Management Programs: *Living Well, Diabetes, and Chronic Pain*

Evidence-based programs developed by Stanford School of Medicine. FREE 6-week programs for individuals with a chronic disease and/or their caregivers to improve health and quality of life. Classes offered in English and Spanish.

Free Community Health Talks

Lectures and workshops on a variety of topics to support your pursuit of well-being. Talks are offered in Truckee, Incline Village and Tahoe City. See TFHD.com for a current schedule.

Prevent T2 - Diabetes Prevention Program

Have you ever been told that you are overweight or at risk of developing diabetes? Prevent T2 is an evidence-based program to reduce risk of developing type 2 diabetes by 58% through modest weight loss and lifestyle changes made with the support of a coach and program peers.

Breathe... Free Yourself From Nicotine

FREE Community Program

Whether you are exploring the idea of quitting, or ready to quit today, we are here to support you every step of the way! This safe, judgment-free, group health coaching program is designed to meet you where you are! Individual coaching also available.

Infant and Child CPR

New parents and family members can learn how to recognize when a baby needs rescue breathing, how to perform CPR, and how to care for an infant who is choking. Participants receive an infant CPR manual and have hands-on practice with an infant manikin. (This is not a certifying or credentialing course).

Prenatal Education Classes

Know your birth options. Learn what to expect and how to prepare for labor, delivery, and postpartum. 6-week and weekend classes available in Truckee and Incline Village. Includes DVDs and book. Scholarships are available.

Total Joint Class

Are you considering total joint replacement surgery? This FREE class is designed for individuals scheduled for surgery, as well as anyone who would like to learn more about these procedures.



*You don't have to do it alone.
Get the support you need
to achieve your health and
wellness goals!*

Nutrition Consultations for Individuals and Families

Our professional team of Registered Dietitian Nutritionists can address various concerns, including:

- Meal Planning Support
- Mindful and Intuitive Eating
- Pediatric Nutrition
- Weight Loss
- Eating Disorders
- Inflammation
- Food Allergies and Sensitivities
- Cholesterol, Blood Pressure, Diabetes and Pre-Diabetes
- Sports Nutrition
- Vegetarian Eating
- Intestinal Issues

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