

# Customer Care Navigation

at the Tahoe Forest Center for Health



**NOT SURE  
WHERE TO  
START?  
WE MAKE IT  
SIMPLE.**

Helping patients navigate health & wellness programs and improving access to care is our specialty.

Now offering individual, group, and free programs for all ages:

***Get on track  
for a healthier  
and stronger  
future!***

## **Programs include:**

- Weight Management
- Stress & Mindfulness
- Nutrition
- Perinatal Support
- Chronic Disease
- Fitness
- Exercise

**Not sure where to start? Call a navigator at 530-587-3769**

For more information,  
please call (530) 587-3769  
or email [centerforhealth@tfhd.com](mailto:centerforhealth@tfhd.com)

Follow Tahoe Forest Health System!



**TAHOE FOREST  
CENTER FOR HEALTH**  
*A Service of Tahoe Forest Health System*

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