

*Tahoe Forest Center for Health*

# Rethink Healthy

Innovative Health, Wellness  
and Lifestyle Programs



TAHOE FOREST  
CENTER FOR HEALTH

TRUCKEE • TAHOE CITY • INCLINE VILLAGE

For more information or to register for a class, call (530) 587-3769 or email [wellness@tfhd.com](mailto:wellness@tfhd.com).  
10710 Donner Pass Road, Truckee, CA 96161 • [TahoeForestWellness.com](http://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 well, exercising effectively and managing stress. Our wellness team offers something for everyone!

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

**Move** A full spectrum of classes and programs to get you moving and keep you moving!

**Eat** Nutrition services to help you create a plan, find support and inspiration, and feel great!

**Restore** Empowering you to seek ways to live a balanced life.

**Perinatal Services** Education and support for parents and parents to be.

**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 - 6:30 pm; Sat, 7:45 am - 4:00 pm; Sun 8:00 am - 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."*

# Motivate

## 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, Building Better Caregivers 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.

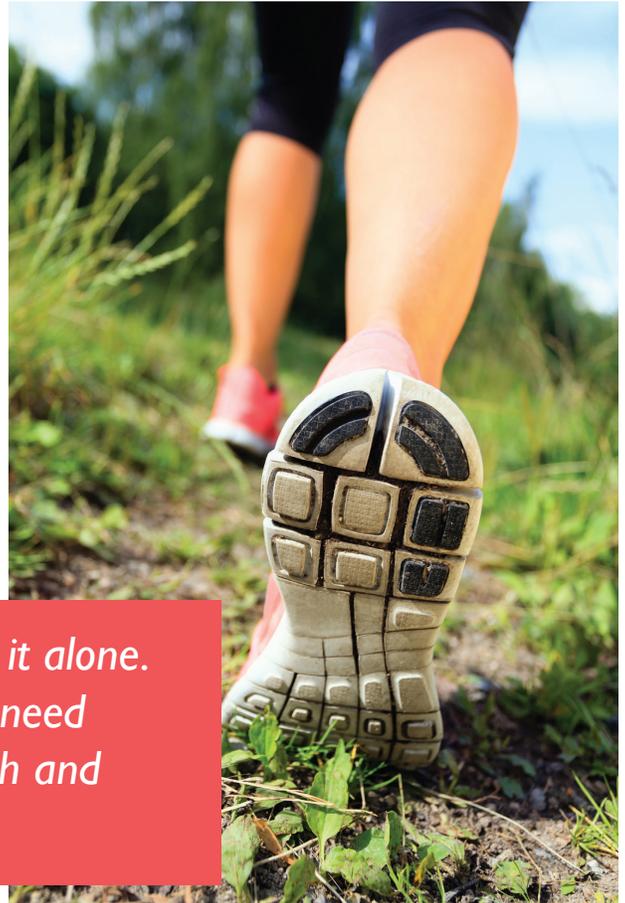
## Breathe... Free Yourself From Nicotine

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.

## Your Authentic Wellness

Learn the tools to cope with life's daily challenges. Whether it is stress, insomnia, nutrition, lack of energy, feeling overwhelmed, or general habit change, we have you covered! Each discussion consists of education, discussion and goal setting led by a variety of experts in their field. New topics each month, attend any or all!



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

## Together We Can - Family Health and Nutrition

Be the healthiest family you can be! This 4-class series will help your family make lasting changes to help promote weight loss, prevent lifelong diseases and support optimal health for children 7 - 15 years old.

## 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.

## Customer Care Navigation

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# Move



## Fitness Membership

We are a medically-based fitness center providing a safe, comfortable environment for you to meet your fitness and wellness goals and have fun while doing it.

## Group Exercise

Add variety to your fitness regimen with our targeted, state-of-the-art group exercise classes for individuals of all fitness levels. All classes have a specific focus to optimize your health and fitness, including Self-Massage and Restorative Pilates, Gentle and All Levels Yoga, Barre Above and Active Aging specific classes like Fitness Forever and Silver Sneakers.

## Boot Camp

Reach your fitness and weight loss goals in a safe and supportive environment. This 6-week program includes fitness testing, exercise classes two times a week, nutrition and exercise tracking for accountability, and support from your coach and fellow boot campers!

## Silver Sneakers, United Healthcare and AARP Memberships!

Tahoe Forest Center for Health is partnering with Medicare Supplementary plans to offer fitness services to eligible participants in the community.

Get Access to the Fitness Center and select group exercise classes at a great discount! To find out if you qualify, call the Customer Care Navigation Team.

## Pilates Reformer Classes

Alignment is the key to success! Pilates consists of developing strength and flexibility which allows for achievements in muscular balance, core strength and flexibility. Pilates sessions may be purchased on an individual basis or in discounted multiple visit packages.

## Yoga, Pilates and General Strength Training

Our professional staff will make sure that you are exercising effectively and appropriately to meet your fitness goals in a safe and enjoyable environment. Personal training sessions may be purchased on an individual basis or in discounted multiple visit packages.

## Heart to Heart Cardiac Rehab Program

New! Comprehensive lifestyle program that focuses on exercise, healthy eating and healthy thinking. Our new intensive cardiac rehab program creates an individualized rehabilitation plan that not only includes exercise but education as well. Patients learn how to exercise safely and at the proper intensity, eat healthy, manage stress and also enjoy cooking classes. Your physician can refer you to our intensive cardiac rehab program if you have experienced any of the following:

- Heart attack within the last year
- Angioplasty in lifetime
- Bypass surgery in lifetime
- Stent procedure in lifetime
- Chest pain in lifetime
- Heart or lung transplant in lifetime
- Valve surgery in lifetime

Classes offered Monday, Wednesday and Friday mornings. Please call 530-582-3285 for more information.

Traditional Cardiac Rehab and Pulmonary Rehabilitation programs offered as well. Call for more information and to see if you qualify.

## Heart to Heart Supervised Exercise

Our community Heart to heart program is offered every Monday, Wednesday and Friday mornings for all ages and fitness levels. We offer a medically based exercise program for those that would like to reduce their risk of heart disease and other chronic diseases, lose weight and get fit. You will receive an exercise prescription for the day, work at your own pace on cardio equipment and get advice on technique and intensity along the way. This class does not require a physician referral. Fee: \$50 for a 10 session punch card.

Classes offered every Monday, Wednesday and Friday at 7am, 8am, 9am and 10am.

Please call 530-582-3285 for information on our Intensive Cardiac Rehab, Pulmonary Rehab and Heart to Heart programming.

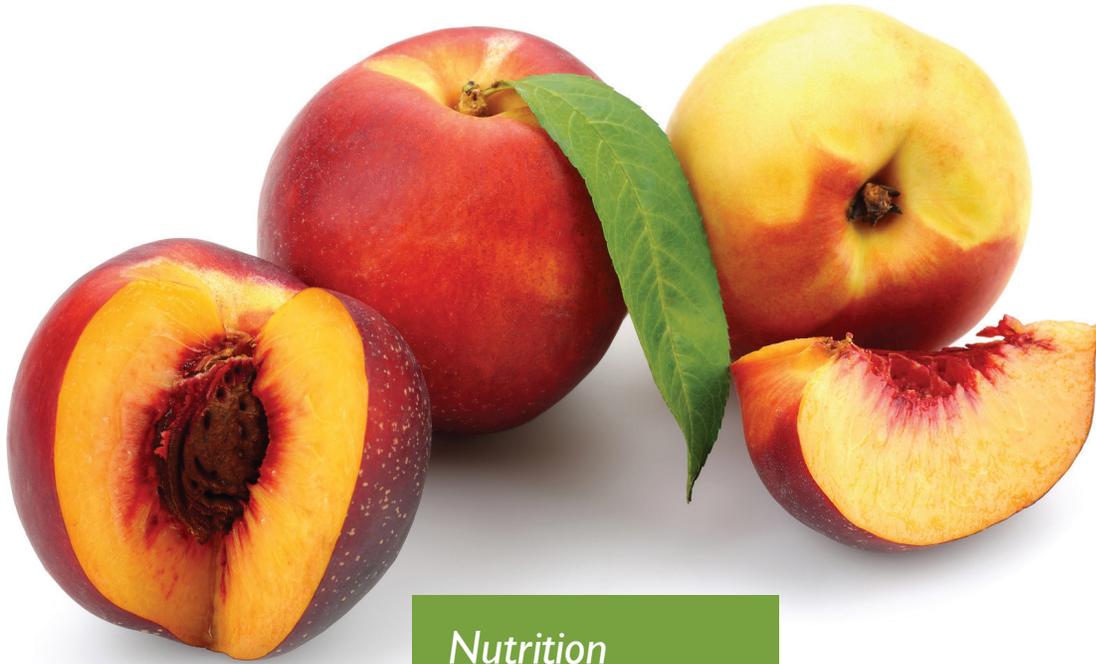
## Cardiovascular Fitness Testing

Graded exercise test performed by an Exercise Physiologist on a treadmill to determine aerobic capacity and fitness level as well as target heart rate zones to achieve optimal performance. This test can help you determine the proper exercise intensity to achieve your personal goal, whether your goal is to lose weight, to improve your fitness level or to optimize your health. Fitness test also includes an exercise prescription to help set you up for success!

*A full spectrum  
of classes and  
programs to get  
you moving and  
keep you moving!*

**For more information, please call the Tahoe Forest Center for Health at (530) 587-3769.**

# Eat



## **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

## **Weigh to Go**

Ready to focus on behaviors that can last a lifetime and help you manage your weight for good? Our weight management support program is designed to help you achieve healthy weight loss in 6 weeks. Learn strategies to navigate challenging food situations and be intentional about supporting your body with good nutrition.

## **Together We Can- Family Health and Nutrition**

Be the healthiest family you can be! This 4-class series will help

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your family make lasting changes to help promote weight loss, prevent lifelong diseases and support optimal health for kids 7 - 15 years old.

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Have you ever been told that you are overweight or at risk of developing diabetes? Prevent T2 is an evidence-based program to reduce the 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.

## **Health Coaching**

Are you ready to live a healthier, more balanced life? Your coach will provide the 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!

## **Weigh to Wellbeing**

Manage your weight by making sustainable behavior change with the support of a Registered Dietitian and a group of other adults with similar weight goals. Includes weekly educational topics, professional and peer support and accountability. Group meets twice a month, drop-in's welcome!

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# Restore

## Mindfulness Based Stress Reduction

This program has been proven to reduce symptoms of stress, pain and illness, help overcome addictive behaviors, decrease anxiety and depression, and improve immune function and overall well-being. Learn how to have a more balanced attitude towards life's challenges including mindful meditation, gentle movement, mindful eating, group discussion and an understanding of the physiology of stress.

## Biofeedback

Biofeedback can relieve and ease chronic pain, reduce stress and anxiety and increase relaxation by training the patient in relaxation, mindfulness, and self-regulation skills. Precise instruments measure physiological activity such as heart function, breathing, muscle activity and skin temperature and accurately “feed back” to the user to promote changes in thinking, emotions and behavior. *What we can see, we can change.*

## Silver Age Chair Yoga for Seniors

Silver Age Yoga is mostly performed in a chair and helps increase flexibility and mobility and improve balance. Participants gently stretch all body parts such as the neck, hands and legs and perform breathing exercises. FREE classes are offered every Tuesday and Friday at the Truckee Senior Apartments Community Room, 10040 Estates Drive, Truckee, CA. Call (530) 550-7600 for class times.

## Your Authentic Wellness

Learn the tools to cope with life's daily challenges. Whether it is stress, insomnia, nutrition, lack of energy, feeling overwhelmed, or general habit change, we have you covered! Each discussion consists of education, discussion and goal setting led by a variety of experts in their field. New topics each month, attend any or all!



*Empowering you to seek ways to live a balanced life.*

## Massage

Our professional team of certified massage therapists offer a variety of massage therapies, including: Swedish, Therapeutic, Deep Tissue, Watsu, Baby and Pre and Postnatal.

## Baby Massage

This 4-week series is open to parents and their infants, from newborn to crawling. For babies, massage promotes bonding and attachment, improves circulation, digestion and organization, reduces muscular tension, reduces fussiness and helps baby learn to relax. For parents, massage promotes bonding, relaxation, communication (both verbal and nonverbal), positive parenting skills and gives an opportunity to connect and share quality time with your little one.

## Self Massage

Are you ready to take the necessary steps to ease your chronic pain? This self-massage techniques workshop provides individualized tips, tricks and instruction to help you relieve your chronic pain using foam rollers, tennis balls and various different tools.

**For more information, please call the Tahoe Forest Center for Health at (530) 587-3769.**

# Perinatal

## 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.

## Breastfeeding Support

Meet weekly with Certified Lactation Consultants and other new breastfeeding moms for support and problem solving. These informal drop-in sessions are available weekly on **Fridays from 10:00-12:00 pm** at the Tahoe Forest Center for Health and **Thursdays from 10:00-12:00 pm** in Tahoe City (opens in 2019). \$5 suggested donation.

**For more information, including one-on-one breastfeeding support, please call Tahoe Forest Hospital Breastfeeding Helpline at (530) 582-3247.**

## Prenatal and Postnatal Fitness

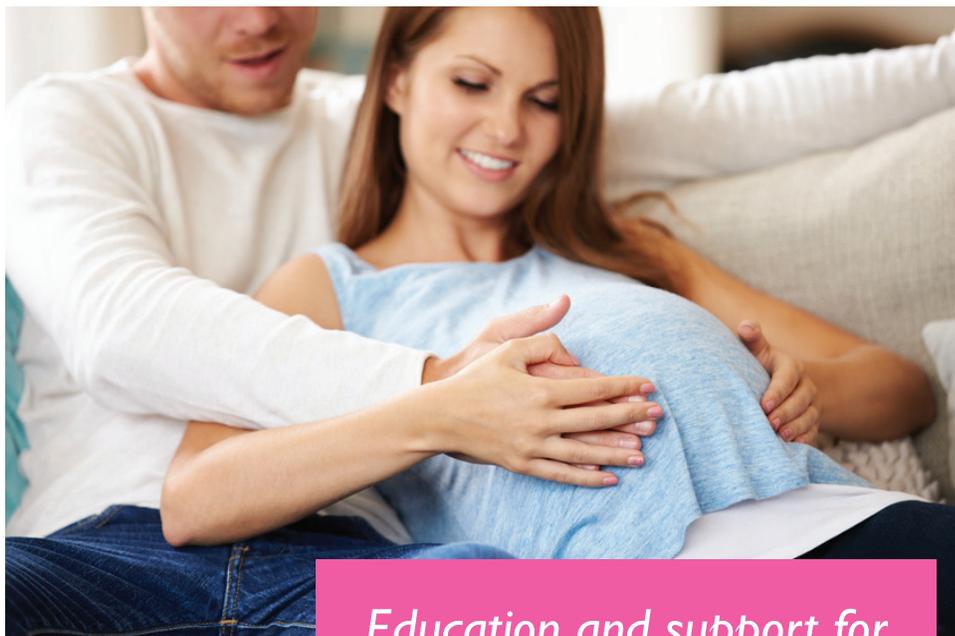
Need help staying fit during your pregnancy or getting back into shape post baby? Try private or small group pre or postnatal yoga, Pilates or personal training! Work with experienced professionals to help you increase strength and flexibility, maintain good posture and balance, reduce back pain, and learn invaluable breathing and relaxation techniques.

## Nutrition Consultations

Our professional team of Registered Dietitian Nutritionists can address your nutritional concerns at every stage of your pregnancy journey, including fertility, prenatal, postnatal and infant nutrition.

## 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).



*Education and support for parents and parents to be*

## Baby Massage

This 4-week series is open to parents and their infants, from newborn to crawling. For babies, massage promotes bonding and attachment, improves circulation, digestion and organization, reduces muscular tension, reduces fussiness and helps baby learn to relax. For parents, massage promotes bonding, relaxation, communication (both verbal and nonverbal), positive parenting skills, and gives an opportunity to connect and share quality time with your little one. Need more one-on-one instruction? Individual sessions now also available on soothing your fussy or high need baby with baby massage techniques.

## Bringing Baby Home

Make your transition into parenthood a smoother one. This research-based workshop will teach you and your partner how to strengthen your friendship, work through conflict with greater ease, maintain relationship satisfaction and reduce hostility while navigating your new role as parents.

## Nutrition for a Healthy Pregnancy

Learn how to meet all nutrition needs for you and your baby. Topics include managing pregnancy symptoms, making healthy and delicious food to meet increased nutrient needs, quick and easy recipe ideas, and healthy weight gain. Class is held once a month.

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