



January 2018

Dear Community Supporter,

Happy New Year from Tahoe Forest Health System! For many of us, January is the time when we think about self-improvement in the year ahead, including our health, wellness and overall fitness.

There are many ways Tahoe Forest Health System can help you, with new programs and tools created just for you. The *Tahoe Forest Center for Health* is located in Truckee on Donner Pass Road and offers a variety of innovative support programs in a medically-based environment designed to help you “*Rethink Healthy.*”

Our wellness professionals are certified and trained in effective weight loss techniques and nutrition counseling. There’s also health coaching, smoking cessation, stress reduction, biofeedback, caregiver support, pre and post-natal classes, diabetes management and prevention and much more.

There are a variety of fitness classes you can choose from too—one for every age level and ability, and private and group classes are always offered. Fitness Center memberships at the *Tahoe Forest Center for Health* can be purchased for yourself or as a gift year-round. It’s a safe, friendly and comfortable environment that’s open to the public.

For more information about any of these programs, call the *Tahoe Forest Center for Health* at (530) 587-3769, or visit www.tfhd.com.

I’d also like to let you know about the new *Genius 3D Mammography* machine now available at Tahoe Forest Hospital. The Genius 3D is state-of-the-art tomosynthesis technology, and the only exam rated by the FDA as superior for women because of greater accuracy, fewer unnecessary callbacks and higher level of detection for breast abnormalities. To schedule a screening exam, contact our Briner Imaging Center at (530) 582-6510.

One of my personal goals is to continually improve outreach and communication directly to you. We feel it’s important to inform you about programs and services right here in our community 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.

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