



January 2019

Dear Community Supporter,

On behalf of our employees, physicians and volunteers, we wish you a very Happy New Year from all of us at Tahoe Forest Health System.

Putting patients and families first is our highest priority, and in 2019 we'll celebrate the 70<sup>th</sup> anniversary of taking care of our community. This is very special to us, and we're grateful for the opportunity to serve the health care needs of you and your family, and proud to be your local health care provider.

January is often the time when we think about ways to improve our health, wellness and perhaps begin a new exercise routine after the indulgences of the holidays.

There are many ways Tahoe Forest Health System can help you achieve your health goals with new programs and tools created just for you, some offered free of charge. 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.*"

We have wellness professionals who are certified and trained in effective weight loss techniques and nutrition counseling. There's also health coaching, smoking cessation, stress reduction, biofeedback, caregiver support, cardiac rehab programs, pre and post-natal classes, diabetes management and prevention and much more. For details, go to [tfhd.com](http://tfhd.com), or call the *Tahoe Forest Center for Health* at (530) 587-3769.

We're also excited to announce the opening of our new *Primary Care Clinic*, with walk-in and same-day appointments available seven days a week. There are physicians, nurse practitioners and physician assistants available to treat your minor illnesses or injuries. Most insurance plans are accepted, and we're open every day including some holidays. Call to schedule a same-day appointment at (530) 582-1212, or walk in at 10978 Donner Pass Road (Old Gateway Center).

As always, my goal is to continually improve outreach and communication directly to you. We believe it's important to keep you informed about health care programs and services right here in our community that may benefit you, and I welcome your feedback on any topic at any time.

If you ever have a question or concern, please feel free to contact me 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