

Rethink Healthy

Innovative Health, Wellness
and Lifestyle Programs

Achieve Your Best Health



wellnessneighborhood

A Service of Tahoe Forest Health System

Rethink Healthy!

The Wellness Neighborhood is a team of highly trained 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. The Wellness Neighborhood offers something for everyone!

For more information or to register for a class,

Call (530) 587-3769

10710 Donner Pass Road, Truckee, CA



MOTIVATE

- Health Coaching
- Self Management Programs for Chronic Disease
- Heart to Heart Educational Series
- Kick Nicotine

MOVE

- Blue Life Fitness Memberships
- Blue Life Group Exercise
- Heart to Heart Cardiac Rehabilitation
- Pilates Reformer Classes
- Personal Training
- Silver Steps

EAT

- Weigh to Go
- Nutrition Consultations
- Fun Food Workshops and Lunch & Learns
- Grocery Store Tours

RESTORE

- Mindfulness Based Stress Reduction
- Biofeedback
- Yoga/Meditation
 - Private Sessions and Workshops
 - Silver Age Chair Yoga for Seniors
- Deep Relaxation

PRE- AND POSTNATAL SERVICES

- Prenatal Education Classes
- Breastfeeding Support
- Pre- and Postnatal Fitness

Motivate

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

Health Coaching

You set the goal, we help you reach it! Program includes an initial 30-minute consultation with a wellness coach and two months of weekly follow-up.

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

Take Control of your Health! Self Management Programs for Chronic Disease, Diabetes, and Chronic Pain

Evidenced-based programs developed by Stanford School of Medicine. FREE six-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.

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

Heart to Heart Educational Series

Free educational series is open to anyone who wants to make healthy choices a part of everyday life. Class topics include nutrition, exercise, and stress management. Wednesdays from 9:30-10:30 am at Tahoe Forest Hospital in the Eskridge conference room. For more information, please call Cardiac Rehab at (530) 582-3285.

Kick Nicotine

Trained clinical psychologist, nutritionists, pharmacists and clinicians will guide you through the process of kicking the habit. Free carbon monoxide testing and relapse prevention. Start at any time.

For more information, please call Kirk Ditterich, PsyD, Licensed Behavioral Health Clinician, (530) 582-8207, or kditterich@tfhd.com.



Move



Blue Life Fitness Membership

Do you want accountability, motivation and expertise? Our fitness membership will foster your goals of weight loss, injury prevention and rehabilitation, reduce your health risk factors, reduce stress and help optimize your fitness. Memberships include a 30-minute consultation with one of our certified, highly-skilled personal trainers and an ongoing monthly session with a member of our wellness team, all of whom are experts on topics such as weight loss, stress management, yoga, Pilates, biofeedback, mindfulness and personal training. Our goal is provide a safe, comfortable environment for you to meet your fitness and wellness goals and have fun while doing it.

Blue Life 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 restorative yoga and Pilates, senior fitness classes, Cardio Fit, all-levels yoga and Pilates mat, Dance Fit and more.

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

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.

Personal 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 Rehabilitation

Have you experienced a heart attack or heart event? Heart to Heart is a medically monitored exercise and education program delivered by Cardiac Nurses and Exercise Physiologists. Classes are offered Monday, Wednesday and Friday mornings.

For more information and registration, please call Cardiac Rehab at (530) 582-3285.

Silver Steps

Are you looking for more supervision with your exercise? Our professional team of nurses and exercise physiologists monitor heart rate, blood pressure and exertion levels. Participants are given a workout plan utilizing strength training, cardiovascular exercise, and stretching. Classes are one hour every Monday, Wednesday and Friday morning at 7:15 am, 8:30 am and 9:30 am, with an additional hour of education topics every Wednesday from 9:30 to 10:30 am.

For more information and registration, please call Cardiac Rehab at (530) 582-3285.

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

Eat



Weigh to Go

Accountability + Motivation + Education = Success!
Individualized support can help you meet your weight loss goals. Your team of Registered Dietitian Nutritionists, Exercise Physiologist, and Yoga/Meditation instructor provide a personalized program to help you effectively modify the way you eat, exercise and manage your stress. We offer different support levels based on your needs. Join in at any time!

Nutrition Consultations

Our professional team of Registered Dietitian Nutritionists can address various concerns, including: cholesterol, blood pressure, diabetes and pre-diabetes, sports nutrition, vegetarian eating, intestinal issues, food allergies and sensitivities, weight loss, child and family health, eating disorders, inflammation, and more. Enhance your energy and health today!

Fun Food Workshops / Lunch & Learn

We offer a variety of entertaining, hands on topics for groups of up to 20 people.

Grocery Store Tours

Confused about your best choices at the grocery store? Take a tour of the aisles with a Registered Dietitian Nutritionist to get the real scoop on healthy choices, tips for reading labels, choosing healthy on-the-go options, and grocery shopping and meal planning tips!

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

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

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 in this 8-week course which includes mindful meditation, gentle movement, mindful eating, group discussion and an understanding of the physiology of stress.

A free introductory class is offered prior to the start of each 8-week course.



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.*

We empower our clients to seek ways to live a balanced life.

openers, an emotional focus such as practicing forgiveness, or a mental focus, such as goal setting. Most workshops are open to all levels of fitness and yoga. Scheduling varies.

If you feel intimidated to attend a group yoga class, want to learn specific modifications for your body or have a schedule that makes group classes inaccessible, consider private or small group yoga. Work with an experienced, professional yoga instructor to create a personalized breathing, movement and/

or meditation practice that addresses your specific needs. Schedule one-on-one or small group sessions, at a time that suits your schedule.

Deep Relaxation

Let go of stress and tension and learn to visualize yourself in optimal health through simple breathing practices and a fully guided meditation called Yoga Nidra (yogic sleep). Take a journey through your body to experience deep relaxation and healing. Wednesdays, 10:15-11:00 am at the Center for Health.

Yoga Workshops and Private Yoga Sessions

Yoga workshops are an opportunity for deeper work on a specific area, for example, a physical focus such as shoulder

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 from 10:00-11:00 am in the Truckee Senior Center Community Room.

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

Pre- and Postnatal



Prenatal Education Classes

Know your birth options. Learn what to expect and how to prepare for labor, delivery, and postpartum. Classes offered in Truckee as a 6-week series or in two 6-hour weekend classes, and in Incline Village as a 4-week series. Includes DVDs and book. Scholarships are available. For more information and to register, please call the Center for Health at (530) 587-3769.

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 Thursdays from 10:00-12:00 pm at the Center for Health. \$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.

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

*Welcome
your baby!*

Rethink Healthy!



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