

TAHOE FOREST CENTER FOR HEALTH

Restore

Empowering you to seek ways to live a balanced life.

Massage Therapy

Therapeutic massage can help increase range of motion, decrease inflammation, decrease pain, increase flexibility of the connective tissues and help speedup recovery time from injuries. **60 minute \$110, 90 minute \$150.**

Biofeedback Therapy

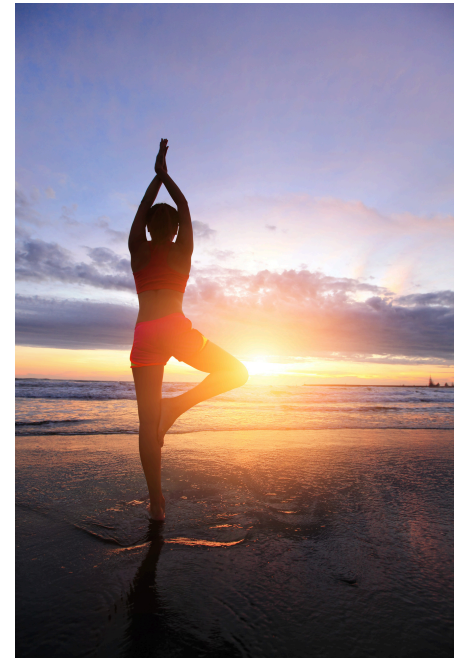
Biofeedback is a process that enables an individual to learn how to change physiological activity for the purposes of improving health and performance. Precise instruments measure physiological activity such as heart function, breathing, muscle activity, and skin temperature. These instruments rapidly and accurately "feed back" information to the user. The presentation of this information — often in conjunction with changes in thinking, emotions, and behavior — supports desired physiological changes. Over time, these changes can endure without continued use of an instrument. **\$99 per session.**

Mindfulness Coaching

It can be difficult to start any new practice in life. Mindfulness and meditation are no exception. It is helpful to have an experienced guide who can teach you the basics, hold you accountable for your practice, and offer guidance when you encounter difficulties. **Several different package & price options are available to fit your needs.**

Group Acupuncture - Starting June 2024

Community Acupuncture is an affordable and effective way to experience the benefits of acupuncture in a group setting. Our sessions offer personalized treatments targeting various health concerns, including stress, chronic pain, digestive complaints, and fatigue. Your session begins with 15 minutes of one-on-one time with your Acupuncturist, ensuring individualized attention to your needs. Following this, you'll relax for 20-30 minutes with the acupuncture needles in place. **Single 45 minute group session \$75, 6 pack of sessions \$420.**



Call us to register or make
an appointment
530-587-3769,
or email
centerforhealth@tfhd.com



10833 Donner Pass RD, Suite #102, Truckee
(530) 587-3769 | centerforhealth@tfhd.com
TFHD.com/wellness-events



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Community Yoga

Join us for an all-levels practice to build a deeper connection with yourself and your community. Our practice will begin with 30 minutes of gentle flow followed by grounding restorative poses to finish. No yoga experience is necessary, and all movement will be slowly paced and mindfully sequenced. This class is offered free of charge, with the intention of bringing the community together for movement and connection.

Truckee:

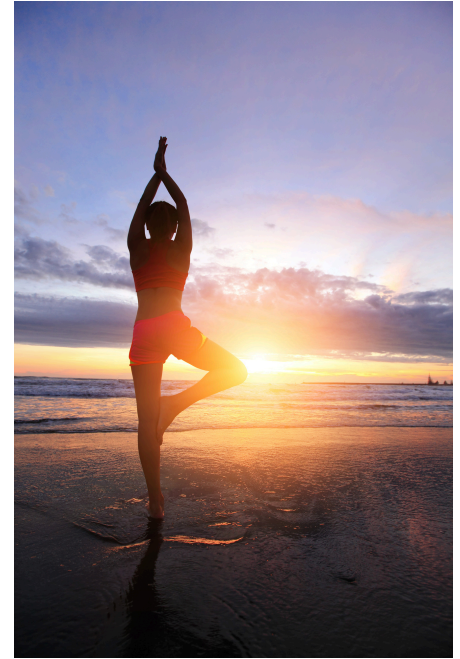
When: Second and fourth Friday of each month from 4:00-4:50pm
Where: Tahoe Forest Center for Health, 10833 Donner Pass Rd. Suite 102, Truckee, CA
Cost: **\$5, scholarships available upon request.**
Contact: Pre-Registration required, yoga mats provided.

Incline Village:

When: First Wednesday of March, April, May and June 2024 from 4:00-5:30pm
Where: Incline Village Community Hospital, 880 Alder Avenue, Incline Village, NV 89451
Cost: **Free**
Contact: Pre-Registration required, bring your own yoga mat.

Private Yoga

Combining strength, breathing, and relaxation to help you get fit, de-stress, and experience a higher quality of life. Yoga can help you tone muscle, increase flexibility, recover from injury, manage pain, improve sleep, and enhance mental clarity. Individual training and workshops available. **Call for pricing and availability.**



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