

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.
10710 Donner Pass Road, Truckee, CA 96161 • 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

FREE Community Program

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 session 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!*

Nutrition for the Family

A Registered Dietitian can work with the entire family to improve the health of children and parents. We offer nutrition counseling in both private and group settings.

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.

Chronic Disease Support Groups

We can connect you to various community support groups where members can share their experiences, knowledge and coping strategies.

Customer Care Navigation

Don't know where to start?

Call us! (530) 587-3769

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

Move



Fitness Services Available

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.

Our services include a variety of 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. Join us twice a week for 6 weeks in our high intensity class to get stronger and fitter with support and accountability 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.

Yoga Basics

Two hour workshop for students who are interested in learning more about yoga. Learn basic yoga poses and how to execute them safely in a non competitive environment with other beginners. Workshops held monthly, no experience necessary.

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

Eat



*Nutrition
services to help
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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

Weight Management

We offer support for weight management in both one-on-one appointments and group settings with our Registered Dietitians.

Nutrition for the Family

A Registered Dietitian can work with the entire family to improve the health of children and parents. We offer nutrition counseling in both private and group settings.

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 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!

Cooking Club

We offer health supportive cooking classes and cooking demonstrations in the community and at the Center for Health led by one of our Registered Dietitians. See our current schedule for upcoming classes.

Infant Nutrition

Learn from a Registered Dietitian how to introduce your baby to food in a way that is nutritious, safe, and has been shown to result in less picky eating and a healthier relationship with food as the child grows. Group classes are held regularly, plus extra support is available in private sessions.

For more information, please call the Tahoe Forest 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 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

FREE Community Program

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 session 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 individualized for you.

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

Everyone benefits from self massage! This self-massage techniques workshop provides individualized tips, tricks and instruction to help you relieve your chronic pain, stress and anxiety using foam rollers, tennis balls and various tools. Great for athletes!

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. \$5 suggested donation.

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



Education and support for parents and parents to be

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).

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.

Infant Nutrition

Learn from a Registered Dietitian how to introduce your baby to food in a way that is nutritious, safe, and has been shown to result in less picky eating and a healthier relationship with food as the child grows. Group classes are held regularly, plus extra support is available in private sessions.

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.

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

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