

Palm Drive *West County's* Hospital

Palm Drive Hospital Services – Events - Support Groups

***FREE* Health and Wellness Screenings**

Super Saturdays (first Saturday of Every Month)

10:00 a.m. to 12:00 p.m.

No appointment necessary, just drop in!

Medical Screenings (blood pressure, temperature, oxygen saturation)

Fall Risk Assessment (balance, strength and mobility for older adults)

Suffer from Headaches?

Get Support and Answers at our ***FREE*** monthly

Headache Education & Support Group Meetings

Meets 4th Wednesday of every Month 2010 (Except Nov/Dec)

5:30 p.m. to 7:30 p.m.

Presented by Allan Bernstein, M.D., Neurology

Meetings are free and open to those who suffer from headaches, and/or their families and friends.

***NEW!* Chronic Illness Self Management**

Support Group and Education Series

Meets Every Tuesday

April 6 through July 27, 2010

2:00 p.m. to 3:30 p.m.

David Murphy, Psychologist PhD, will lead sessions that include education, nutrition tips, coping skills and understanding the relationship between mood disorders and chronic illness.

***NEW!* Center for Integrative Health Care**

Inpatient services that combine the best of conventional medicine with the best of alternative medicine to enhance comfort and healing.

Now offering the following inpatient services:

Acupuncture, Guided Imagery and Hypnosis,

Osteopathy, and Massage Therapy

For integrative health fees and service information call

Sabrina, Admitting Office, (707)829-4227

For more information about any of the above services,

call (707) 823-8511, or visit www.palmdrivehospital.org

Meetings and events take place at 501 Petaluma Avenue, Sebastopol

Forestville

Graton

Sebastopol



501 Petaluma Avenue,
Sebastopol, CA 95472
707-829-4300

www.palmdrivehospital.com

Owned and operated by the
Palm Drive Health Care District