

Full Circle Wellness Resource Center

is a non-profit organization
funded by grants; private,
individual, and corporate
donations; and fund raising
events.

The Angel Fund:

In alignment with our purpose of
providing diverse wellness
choices and education for all
people in our community, Full
Circle Wellness Resource
Center maintains an Angel
Fund. The Angel Fund is
available to low income
individuals to help supplement the
cost of complementary health
services. We also provide a low
cost community meeting room in
which classes, workshops, and
support groups on diverse health
and wellness topics are offered.
Join us in supporting responsible
and informed wellness choices
for all people in our rural
community.

Mail donations to:

Full Circle Wellness Resource
Center
530 S. Main St.
Ukiah, CA 95482

(707) 463-0777

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fullcirclewellness.org

Our Vision:

Full Circle Wellness Resource Center

functions to support, educate, advocate for, and empower individuals in all areas of physical, mental and emotional well being, enabling them to make wise choices in enhancing their overall health. We recognize each person as an individual with distinct values, needs and desires. We honor them as the ultimate authority in all decisions affecting the quality of their lives.

Community Clinic:

- Come experience the variety of services offered at Full Circle
- Ongoing - Second Tuesday of each month, 5:30 – 7:30 PM
- Drop-in 20 – 30 minute sessions
- \$20 suggested donation
- Half of all funds go to the Full Circle Angel Fund

Tantalizing Tuesdays:

- Evening classes on a variety of health related topics
- Offered by various practitioners from our local community
- First & third Tuesdays of the month
- 6:30 – 8:30 PM
- \$5 suggested donation – funds go to the Full Circle Angel Fund

For further information,
check our calendar at:
www.fullcirclewellness.org

Practitioner services offered at Full Circle for fee:

- Chinese medicine
- acupuncture
- classical homeopathy
- herbal medicine
- essential oils
- therapeutic nutrition
- menopause support
- process coaching
- marriage & family therapy
- body-mind therapy
- somatic experiencing
- bodywork
- massage
- psychic readings
- classes, workshops, and seminars on various wellness related topics
- low cost meeting room available for your classes

Wellness is the journey of awakening
through the healing and integration of mind, body, heart, and spirit.