



Integrative Group Medical Visits

Taos Whole Community Health will provide educational services to indigent and low income community members in the form of four group wellness classes designed to provide education in self care, nutrition, lifestyle choices and disease prevention in a generalized way, as well as individualized guidelines for each participant.

Class topics include weight management and detoxification in the Spring season, pain management and movement in the Summer, natural approaches for grief and depression in the Autumn, and stress and adrenal fatigue and building vitality in the Winter. Classes occur one per season at TWH, and each include six two-hour long group classes taught by three to five of our providers at TWH. Class sizes will be limited to 12 participants. Our total numbers for services provided through these educational programs is: 4 courses, 12 participants each, 12 hours of education per course for a total of 144 participant hours.

Patients will be screened by an MA at each group sessions and progress documented by their PCP. Each participant will work with a health coach during and between classes.

Details

Ages: Adults

Races: All

Genders: All

Intake Process: Appointment Necessary

Documentation: Proof of income

Payment Options: Free

Special Needs: Behavioral health or substance abuse

Waiting List: Sometimes

Contact: Rasa Lila

Contact Email: rasa@taoswholehealth.org

Capacity: 48

Services

Health Screening Health Support/Education/Insurance

Locations

Taos Whole Health

1337 Gusdorf Rd. Suite O
Taos, NM 87571

Phone: (575) 776-7806

Languages Spoken: English Spanish

Services Limited By Geography: Taos county residents

Geographic Area Served: Taos County

Parent Organization

Taos Whole Health

Taos Whole Community Health is a 501(c)(3) non-profit organization designed to elevate the health, wellness, productivity, and economic well-being of Taos and surrounding community in Northern New Mexico by providing affordable, innovative, and integrative healthcare. Our educational and medical services provide healthcare for the whole person, family and community. We recognize that holistic healthcare is not often covered by private insurance, Medicare, or Medicaid, and we fill the gap in essential holistic services by providing low to no cost acupuncture, massage, nutritional counseling, counseling services, ayurvedic medicine, Chinese medicine, Mind-Body Medicine and more.

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Taos, NM 87571

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Type: Nonprofit

EIN: 81-2887633

<http://taoswholehealth.org>