

21 YEARS IN BUSINESS

Roseleaf Senior Living and Memory Care

Roseleaf would like to take a moment, and share some information, about their team's new and innovative approach, The Dementia Village Inspired Concept at Roseleaf. They have emphasized their Quality of Life Programming in three important, and fundamental, ways.

First, they have adopted a philosophy that values the independence of their residents, and which encourages them to move, and choose, freely throughout all areas of their village, thereby self-determining how they will participate in community life.

Additionally, they have developed environments that, in coordination with the independence, freedom of movement, and freedom of choice being offered, support and nourish the residents' opportunities to take part in purposed and engaging activities and lifestyle choices.



Finally, they have fostered a life enrichment approach that focuses on creating person-centered, and interest based, small group, club-style activities and functions. What they have come to realize, and have had the privilege of seeing, is that these approaches have resulted in more active, alert, and engaged residents, specifically, and a community setting that is energized, dynamic, and full of life.

They leave you with these important words, which guide the direction of our village... Purpose + Engagement = Meaning.



WWW.ROSELEAFCARES.COM • (530) 868-4271
BRANCHES IN CHICO AND OROVILLE
RCFE: 045002445, 045002416, 045002619

9 YEARS IN BUSINESS

Chico Community Acupuncture

Chico Community Acupuncture's goal is for you to get as much acupuncture as you want, for whatever you want.

In 2018 they provided 10,922 treatments. They are honored to be a resource for so many people in our community. Some of the most commonly treated concerns are acute and chronic pain, stress, anxiety, depression, digestive disorders, insomnia, post-operative recovery, injury rehab, allergies, fertility, and headaches. Treatments are safe, effective, and painless.

During your treatment you rest in a comfortable recliner chair in their community treatment room with other people (usually sleeping or resting with their eyes closed) who are also there to feel better. Healing, be that physical,



emotional, or spiritual, can be isolating; the power of resting and healing with your community, out of isolation, cannot be overstated.

Their mission is to make acupuncture accessible to as many people as possible. They hope that their regular business hours, sliding scale, and dedicated team of licensed acupuncturists will make it possible for you to come in and feel better.



1815 MANGROVE AVE., • CHICO • (530) 345-5300
OPEN 7 DAYS A WEEK
\$20 - \$40 SLIDING SCALE

20 YEARS IN BUSINESS

Thermography by Dr. Michelle Hodge DC, CTT

As a doctor of chiropractic for more than 20 years, Michelle Hodge dedicates a significant part of her practice to various areas of preventative health care. One of those areas is Thermography.

Breast Thermography is a test that uses an infrared camera to detect heat patterns and blood flow. It has the ability to visualize the presences of minute blood vessel and temperature variations that may be the first warning of a potential problem.

By identifying certain thermographic risk markers, women can work proactively with their doctors to help balance hormones or make lifestyle changes to optimize breast health.

Thermography in no way constitutes a replacement for mammography; instead, it is complimentary. In fact, studies show that



adding it to regular check-ups as a multimodal approach, breast cancer detection and survival rates improve.

With offices in Chico and Redding, certified professionals provide accurate and non-invasive methods for you to significantly lower a number of risks associated with your breast health.



530 945-0878
REDDINGTHERMOGRAPHY.COM

8 YEARS IN BUSINESS

Sweetwater Day Spa

Christan Allison & Patricia Thatcher
Owners of Sweetwater Day Spa

Kick Off the New Year Feeling Beautiful from the Inside Out!

Feel beautiful from the inside out with a Sweetwater Day Spa experience. Your senses will be enlightened as you walk through the door. The fragrance of essential oils, the calm music, the tranquil décor, the dim lighting, and the quiet voice greeting you is the serene beginning to your treatment. Your spa visit includes a day of pampering with robes, a recovery lounge, refreshments, and a private accommodation for showers and your personal items. You will experience it all at Sweetwater Day Spa!

A tailored spa facial will give you a refreshed, exfoliated, brightened and hydrated glow. Stimulating blood flow that delivers nutrients and oxygen to regenerate new skin cells. A relaxation or deep tissue massage provides the renewing of your mind, body and wellness. Who doesn't want that!



Regular visits for a spa facial and massage relieves your everyday tension. You are worth treating yourself to something special. Allow yourself and your senses to leave glowing, content, relaxed, cared for with a Sweetwater Day Spa experience...Beautiful inside and out!



40 DECLARATION DRIVE • CHICO • (530) 894-7722
OPEN M,TU,SA 10-5 • W-F 10-7 • CLOSED SUN
SWEETWATERCHICO.COM