

**The Wellness Center  
for Women (TWCW)**

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*"Serving the Health  
Care Needs of Women  
in the Greater San  
Fernando Valley"*

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## The Mission of TWCW

Throughout the reproductive years to maturity, menopause and the golden years, women have special and unique health care needs. Understanding this premise, The Wellness Center for Women (TWCW) is dedicated to the cultivation of a gender sensitive environment designed to address biological and psychological factors that influence the physical and emotional health through these phases of a woman's life.

### It is the goal of TWCW to:

1. Deliver compassionate and professional preventive health education to women in order to achieve optimal wellness and health.
2. Serve as an informative resource for current women's wellness and health related issues.
3. Cultivate and maintain a safe and supportive sanctuary where mothers and expectant mothers can exercise, and also become educated about childbirth, breastfeeding and other areas of infant and toddler care.
4. Provide an environment where women can learn from each other, as well as develop special bonds of friendship and share experiences for increased emotional health and stability.
5. Partner with other organizations in the community, which are focused on women's health issues, in order to increase the ability to identify and meet the health education needs of the women in our community.

## INTRODUCTION TO THE WELLNESS CENTER FOR WOMEN (TWCW)

Women often find themselves leading a demanding life as they take on the many roles necessary to live in today's society. Whether the role is wife, homemaker, mother, primary care giver or employee; in this fast paced, stressful world, women struggle to maintain a healthy emotional, psychological, and physical balance, with very few resources to help them achieve this balance. The struggle to maintain a healthy balance can take an exhaustive toll on a woman's overall well being.

Unfortunately, in addition to this struggle, the quality of time spent devoted to educating women as they attend their routine outpatient medical appointments is often sacrificed due to busy, overtaxed office schedules. Women may perceive office visits as cold, impersonal and rushed. As a result, women can feel unheard, frustrated and ill-equipped to make crucial decisions about many important issues that greatly impact their health.

There is a need to establish a place where women's health education and facilitation of overall health and well being are priorities. The Wellness Center for Women (TWCW), a nonprofit community based resource facility located in Los Angeles County, in the San Fernando Valley, is such a place.

## Services Provided by TWCW

### 1. General Health Education

- A. Provide a reliable and current library of information about a variety of important issues affecting women's health,
- B. Lectures on a variety of topics in women's health.

### 2. One-On-One Medical Consulting

- A. Client consented confidential medical records review and factual discussion with qualified M.D. Opportunity for clients to ask questions and receive input regarding their medical condition(s) and overall health. (NOTE: OPINIONS WILL NOT BE GIVEN about the treating health care provider's treatment protocol or to facilitate any litigation decisions on client's behalf.)
- B. With client consent, partner with client's primary care provider in order to facilitate efforts to educate clients regarding personal health concerns.
- C. Educate client about healthcare options and encourage thoughtful communication between a woman and her medical care provider(s) in preparation for subsequent office visits.

### 3. Maternal & Child Health Education

- A. Prenatal , labor and delivery preparedness
- B. Infant/baby/toddler care basics
- C. Breastfeeding
- D. Infant-child CPR
- E. Perinatal health care

### 4. Specialty Gym

- A. Licensed fitness trainers for private training and group exercise: step/floor aerobics, Pilates, yoga, body sculpting
- B. State of the art equipment designed for pregnant and post partum women
- C. Physical Therapy consult/referral (OB-related aches and pains)

### 5. Community Outreach and Networking

Establish professional relationships with other organizations and collaborate on projects pertaining to women's health. (i.e., hospitals, gyms, women's shelters, senior citizen organizations, etc.)