

"Inspiring a Healthier Generation of Children"

Information sheet for Patients

What is Raining on Your Family's Health? We Can Help!

Call Today!

Office Phone:
(714) 549-6440
Fax Number:
(714) 549-6449
Case Manager:
Neri Villa nvilla@drribahc.org
Address:
211 East Columbine Ave, Unit D



Telemedicine support!

Dr. Patricia's Health Club has a 91% success rate of treating and preventing nutritional issues for children. We offer convenient telemedicine for one on one and group care visits (offered 5 days a week). Services offered include the following:

- 1. One on One Visits
- 2. Group Visits

Free Online Resources!

Fun tips, recipes, and activities!



Dr. Patricia MD www.DrPatriciaMD.com

Health blogs, nutritious recipes, and resources for families to live healthier lifestyles.



Being Healthy From A to Z www.DrPHC.org

As seen on PBS SoCal! Being Healthy from A to Z is our program for children aged 3-7 years old and children with special needs.



What to Expect...

One on One Visits!



- Help with nutrition-related issues
- Introduction to healthy habits and how to implement them into daily life





Interested in signing up? Use this QR code to fill out a short referral form for our program!

Parent Tips

PATHY'S PARENT TIPS

Group Visits!

12 weekly virtual nutrition and exercise classes. Through our classes, you and your family will learn nutrition label reading, the 5 food groups, the importance of getting an adequate amount of sleep, tips on limiting screen time, various exercise techniques, and more!

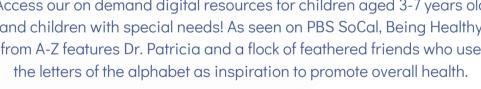
Program Requirements Include:

- >85 % BMI percentile
- Children aged 5-18
- CalOptima

(A)(C)

Being Healthy From A to Z: DrPHC.org

Access our on demand digital resources for children aged 3-7 years old and children with special needs! As seen on PBS SoCal, Being Healthy from A-Z features Dr. Patricia and a flock of feathered friends who use

















Dr. Patricia MD **DrPatriciaMD.com**

For free nutritious recipes, tips, health articles, and fun activities for your family to stay healthy, visit DrPatriciaMD.com.

