

# Sequoia Hospital Health & Wellness Center



**Health & Wellness Center**  
**749 Brewster Avenue**  
**Redwood City, CA 94063**  
**(650) 367-5998 Telephone**  
**(650) 367-5664 Fax**

Sequoia Hospital is proud to present our new Health & Wellness Center conveniently located in downtown Redwood City.

## Community Health Programs

Fall Prevention Classes	(650) 367-5998
Health Screenings	(650) 367-5998
The Lactation Center	(650) 367-5597
Maternity & Family Services	(650) 368-BABY
Support Groups	(650) 367-5998
Weight Management	(650) 482-6065

## Directions

### From Sequoia Hospital

- Take Whipple Ave heading east
- Turn right onto El Camino Real/CA-82
- Turn left onto Brewster Ave

### Heading South on 101

- US-101 toward San Jose
- Take the exit toward Whipple Ave/Redwood City
- Stay straight to go onto Veterans Blvd
- Turn right onto Brewster Ave

### Heading North on 101

- US-101 toward San Francisco
- Take the Whipple Ave exit
- Turn left onto Whipple Ave
- Turn left onto Veterans Blvd
- Turn right onto Brewster Ave

### SamTrans/Caltrains

Information Phone Line: 1-800-660-4287



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A member of CHW