

Health & Wellness

TULARE COUNTY

www.VisaliaTimesDelta.com



**WHAT DOES YOUR
FITNESS PLAN LOOK LIKE?**

ACA EXPLAINED

**TULARE COUNTY'S
HEALTH CHALLENGES**

YOUR SOURCE FOR HEALTH & WELLNESS SERVICES IN TULARE COUNTY



**— INSIDE —
DIRECTORY OF HEALTH &
WELLNESS PROFESSIONALS
IN TULARE COUNTY**

2014 - 2015

**VISALIA FAMILY PRACTICE
MEDICAL GROUP**
311 W. Noble Ave., Visalia
559.625.9200
www.vfpmg.org/

VISALIA HEALTH CARE CENTER
2611 N. Dinuba Blvd., Visalia
559.733.6342
www.tularehhsa.org

**VISALIA INDUSTRIAL MEDICINE
URGENT CARE**
220 S. Mooney, Ste. D, Visalia
559.732.7680
www.visaliaindustrialmedicine.com/

VISALIA MEDICAL CLINIC
5400 W. Hillsdale Dr., Visalia
559.738.7500
www.vmhealth.com/

**VISALIA MEDICAL CLINIC
QUICKCARE**
5400 W. Hillsdale Dr., Visalia
559.429.8265
vmhealth3.tru-m.com/quickcare.php

VISALIA WALK-IN CLINIC
2431 W. Caldwell, Visalia
559.627.6650
www.visaliawalkinmedicalclinic.com/

**WALK-IN FAMILY HEALTH
GROUP, INC.**
981 E. Prosperity Ave., Tulare
559.685.9808
www.walkinfamilyclinic.com/

WEST ST. HEALTHCARE CENTER
325 N. West St., Tulare
559.366.1133
www.tulareregional.org/

**WOODLAKE FAMILY
HEALTH CENTER**
201 E. Lakeview, Woodlake
877.960.3426
www.fhcn.org

WOODVILLE HEALTHCARE CENTER
16796 Ave. 168, Woodville
559.366.1100
www.tulareregional.org/

MEDICAL DOCTORS

Aerospace

AKIN, THOMAS, M.D.
330 N. Midland St., Visalia
559.732.9041

GOODIN, WILLIAM H., M.D.
585 W. Putnam Ave., Porterville
559.781.1665

Allergy & Asthma

**ALLERGY & ASTHMA ASSOCIATES
A MEDICAL CENTER**
Rabinder S. Sidhu, M.D.
440 N. Greenfield, Ste. H, Hanford
559.582.9500
807 West Oak St., Ste. C, Visalia
559.636.9000
www.sidhuallergy.com

ALLERGY INSTITUTE
Aminian, A. M., M.D.
609 W. Acequia, Visalia
559.627.9107
www.allergyinstitute.com

BAKHOUM, JOSEPH, M.D., FAAP
1837 W. Dorthea Ave., Visalia
559.636.8071
josephbakhoummmd.com

BAZ ALLERGY & ASTHMA
Malik Baz, M.D.
Praveen Buddiga, M.D.
Belle M. Peralajo, M.D.
Ralph P. Diaz, M.D.
Lauren S. Hiyama, M.D.
H. David Pettigrew, M.D., PhD
Hassan Bahir, M.D.
Kellie Lim, M.D.

220 S. Akers, Ste. A, Visalia
559.713.1602
1560 W. Lacey, Ste. 103, Hanford
559.584.9133
www.bazallergy.com

CHOPRA, JATINDER, M.D.
858 N. Cherry St., Tulare
559.686.4766

COX, DALE J., M.D., INC.
198 W. Cherry Ave., Ste. B, Porterville
559.782.1871

KERN ALLERGY MEDICAL CENTER
Tonny Tanus, M.D.
Eric Boren, M.D.
443 W. Morton Ave., Porterville
559.782.8578
www.kernallergy.com/

NGUYEN, THUONG, M.D.
5400 W. Hillsdale Dr., Visalia
559.738.7593

SCHLUND, DANIEL J., M.D.
125 Mall Dr., Hanford
559.582.8791

**SINGH SINUS &
BREATHING CENTER**
306 N. Conyer, #B, Visalia
559.625.5265
609 N. Douthy St., Hanford
559.587.9910
sudeepsingh.md.com

SMITH, LONNIE R., M.D.
1066 N. Cherry St., Tulare
559.686.2599

STILLWATER, LYLE B., M.D.
812 W. Main St., Visalia
559.732.3888

VERMA, RAMAN, M.D.
5128 W. Cypress Ave., Visalia
559.713.1111

Anesthesiology

CHANG, JEFFREY, M.D.
111 E. Noble Ave., Visalia
559.624.5049

COLEMAN, LEWIS, M.D.
2626 S. Mooney Blvd., Visalia
559.635.0206

GEE QUINN, M.D.
400 W. Mineral King Ave., Visalia
559.624.2224

GEIGER, PHILLIP, M.D.
115 Mall Dr., Hanford
559.998.2388
937 Franklin Ave., Lemoore
559.998.2388

GIBBS, GARY, M.D.
400 W. Mineral King Ave., Visalia
559.624.2000

GIBBS, TODD, M.D.
400 W. Mineral King Ave., Visalia
559.624.2000

GRAHAM, BRUCE, M.D.
842 S. Akers St., Visalia
559.740.4094

HALL, GLEN, M.D.
460 Greenfield Ave., Hanford
559.582.1047

HYNES, JAMES, M.D.
450 Greenfield Ave., Hanford
559.582.4430
937 Franklin Ave., Lemoore
559.998.2388

JIMENEZ, ERNESTO, M.D.
465 E. Putnam Ave., Porterville
559.784.1110

LEE, BARTOLOME III, M.D.
400 W. Mineral King Ave., Visalia
559.625.7215

LILEY, DIANA, M.D.
5021 W. Noble Ave., Visalia
559.625.2020

MAY, RANDAL, M.D.
869 N. Cherry St., Tulare
559.685.3462

MENDENHALL, BYRON, M.D.
400 W. Mineral King Ave., Visalia
559.624.2000

RAZA, AHAMED, M.D.
450 Greenfield Ave., Hanford
559.582.9000

ROSKO, THOMAS, M.D.
1100 N. Akers St., Visalia
559.624.2000

SMITH, ROBERT, M.D.
400 W. Mineral King Ave., Visalia
559.625.2000

VASSILEV, MARGARET, M.D.
400 W. Mineral King Ave., Visalia
559.624.2000

VIERRA, ANTHONY, M.D.
869 N. Cherry St., Tulare
559.685.3462

WALTERS, WALTER, M.D.
400 W. Mineral King Ave., Visalia
559.624.2000

A Ticket to Success

**ARE YOU CURRENTLY RECEIVING
SSDI OR SSI?**

DO YOU WANT TO WORK?

If you're aged 18-64 and currently receiving SSDI or SSI benefits, we may be able to help you find employment!

Through *A Ticket to Success*, you'll receive these free services:

- Knowledge and understanding of the work incentives available to you
- Assistance with resumes, interviewing, and applications
- Connection to the right people and services for you
- Guidance and counseling on jobs in your community
- Long-term employment support on your way to success

Contact us today to see if you qualify!

Linda Patino, *A Ticket to Success* Regional Coordinator
626 N. Akers, Room 1, Visalia
(559) 730-2737, or LPatino@see.tcoe.org
www.tcoe.org/TicketToWork

a program of: **Tulare County
Office of Education**

Jim Vidak, County Superintendent of Schools