Wellness Classes and Fitness Services

Age Requirements 16-21 , 18 and over Available 24/7 No Family No **Intake Process** Call the Wellness Services office to register and for information about programs **Report Problems** Call the Agency Self Refer Yes Valley Health https://www.valleyhealthlink.com/ https://www.winchesterhospital.org/our-services/wellness--fitness-programs Main (540) 536-3050 Toll-Free (800) 662-7831 401 Campus Boulevard 22601 VA **United States** Additional Availability Comments Business hours from 8:00am - 5:30pm, Monday - Friday. Call for day, time and location of event. Fee Structure Call for Information Languages Spoken English

Valley Health offers a variety of programs, classes, screenings and services to help prevent illness, learn about health issues and stay active. Community programs and most screenings are free of charge. Registration 3 days in advance is required for most classes.

Call 1-800-662-7831 for more information or to select a location close to you. Locations are in Front Royal, Luray, Winchester and Woodstock, Virginia, and Berkeley Springs and Romney, West Virginia.

A weight loss program is available, as well as nutrition education, health screenings and health education.

Service Area(s) Clarke County

Frederick County

Page County

Shenandoah County

Warren County

Winchester City