

## Wellness For Life, Individuals at Risk

Age Requirements

18 and over

Family

No

Intake Process

Visit the website, call the office, complete membership application

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Lifetime Wellness Center

<http://www.lifetimewellnesscenter.org>

<http://www.lifetimewellnesscenter.org/wellness.html>

<https://www.facebook.com/LWCMarion/>

Main

(276) 782-1199

Toll-Free

(800) 625-6178

1 Health Way

24354 VA

United States

Monday: 5:00 am-9:30 pm

Tuesday: 5:00 am-9:30 pm

Wednesday: 5:00 am-9:30 pm

Thursday: 5:00 am-9:30 pm

Friday: 5:00 am-9:30 pm

Saturday: 8:00 am-6:00 pm

Sunday: 1:00 am-6:00 pm

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

The Lifetime Wellness Center offers Wellness for Life. Wellness for Life is a physician referral required fitness program that was developed for people who are at risk or who have been diagnosed with certain chronic illnesses, such as diabetes, coronary artery disease and pulmonary disease.

Each individual program lasts for 24 exercising visits. The program meets 3 times a week as a group. Call for more details.

This program is not for relatively healthy individuals with no risk factors for cardiopulmonary health.

Service Area(s)

Smyth County