

Sentara Martha Jefferson Cardiac Rehab, Education and Support

Age Requirements

18 and over

Intake Process

Please call for information or to schedule an appointment.

Provider Refer

Yes

Self Refer

Yes

Sentara Martha Jefferson Health and Wellness Center

<https://www.sentara.com/hospitalslocations/martha-jefferson-health-wellness>

Main

(434) 654-4510

590 Peter Jefferson Parkway

Second Floor

22911 VA

United States

Monday: 7:30 am-6:00 pm

Tuesday: 7:30 am-4:00 pm

Wednesday: 7:30 am-6:00 pm

Thursday: 7:30 am-4:00 pm

Friday: 7:30 am-6:00 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Monday, Wednesday and Friday: 7:30am to 6:00pm; Tuesday and Thursday 7:30am to 4:00pm

Fee Structure

Call for Information

Languages Spoken

English

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Call if translation is needed

Sentara Health and Wellness Cardiac Rehab team offers patients the education, exercise equipment, and support they need, all in a safe environment where highly-trained staff monitors heart function and can respond immediately to patients' needs.

Among the classes offered are:

- Calming the Chaos
- Exercise for Life
- Food for Thought
- Get Cholesterol Down NOW!
- Heart-Healthy Supermarket Smarts
- Inspirations: Understanding Lung Disease and How to Manage It
- Living Well: How to Prevent Vascular Disease
- Movin' On: Gentle Exercise for Cancer Survivors
- Relax and Stretch for Cancer Care
- Taking Control: Being Happier

Service Area(s)

Albemarle County

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Buckingham County

,

Charlottesville City

,

Fluvanna County

,

Greene County

,

Louisa County

,

Madison County

,

Nelson County

,

Orange County