

## **Lifestyle Wellness Center**

### Age Requirements

18 and over

Available 24/7

No

### Other Eligibility Criteria

Membership is open to adults and those with identified risk factors, or those who have been referred by a physician. To learn more about becoming a member call 757-312-6132

### Family

No

### Intake Contact

Lifestyle Center

### Intake Process

Telephone referral; email for registration, walk-ins accepted.

### Report Problems

Call the Agency

### Self Refer

Yes

Chesapeake Regional Medical Center

<https://chesapeakeregional.com/>

<https://chesapeakeregional.com/services-specialties/lifestyle-wellness>

### Main

(757) 312-6132

800 Battlefield Boulevard North

23327 VA

United States

### Additional Availability Comments

Lifestyle Center is closed on Sunday

### Fee Structure

Fixed Fee

Payment Method(s)

Private Pay

Languages Spoken

English

The Wellness Center provides a variety of activities for active seniors. On staff are dietitians, nurses, health educators, respiratory therapists and exercise physiologists. Fitness instructors are experienced in preparing individualized fitness plans, especially for those with medical concerns.

Lifestyle Center benefits of membership are: CPR certified professional staff, certified diabetes educators, registered dietitians, therapeutic massages, quarterly health screenings, support groups, AARP driving program, supervised exercise training for members with special medical concerns, cooking classes and more.

Call for information about Fitness Membership and Facility programs.

Service Area(s)

Chesapeake City