

## **Stress Management Class**

Age Requirements

0-5

,

6-12

,

13-21

,

22-55

,

56-60

,

60+

Available 24/7

No

Family

No

Intake Process

Call for information.

Self Refer

Yes

Winchester Medical Center

<http://www.valleyhealthlink.com/?id=307&sid=1>

Main

(540) 536-3050

Toll-Free

(800) 662-7831

Valley Health Wellness & Fitness Center

401 Campus Boulevard

22601 VA

United States

Languages Spoken

English

The Wellness & Fitness Center offers a stress management class. The "Mind Body Stress Management" class is designed to transform your relationship to stress by becoming more mindful.

Be sure to look at "[Your Guide to Wellness](#)", which lists all the health education classes offered by Valley Health, as the classes change quarterly.

Service Area(s)

Clarke County

,

Frederick County

,

Shenandoah County

,

Warren County

,

Winchester City