

# Sentara Martha Jefferson Health and Wellness Center

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/charlottesville-virginia/hospitalslocations/locations/m...>

Main

(434) 654-4510

Sentara Martha Jefferson Health & Wellness Center

590 Peter Jefferson Parkway, 2nd 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

Fee Range

Payment Method(s)

Private Pay

,

Private Insurance

,

Medicaid

,

Medicare

,

Tricare

Languages Spoken

English

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Call if translation is needed

Sentara Martha Jefferson Health and Wellness Center supports patients who are at risk for or recovering from cardiovascular disease, lung disease, and cancer. Classes are available for stress reduction, exercise, and nutrition. They also offer supervised exercise programs for people recovering from cardiovascular disease.

The Cardiac Rehab team offers patients education, exercise equipment, and support they need where staff monitors heart function.

Service Area(s)

Albemarle County

,

Buckingham County

,

Charlottesville City

,

Fluvanna County

,

Greene County

,

Louisa County

,

Madison County

,

Nelson County

,

Orange County