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

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