

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

Main

(434) 654-4510

Sentara Martha Jefferson Health and 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

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