

## **Wellness Programs**

Age Requirements

56-60

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60+

Available 24/7

No

Other Eligibility Criteria

Must be 55 and older.

Family

No

Intake Process

Call for information

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Senior Station

<https://parks.portsmouthva.gov/243/Senior-Station>

Main

(757) 391-3241

3500 Clifford Street

23707 VA

United States

Monday: 9:00 am-4:00 pm

Tuesday: 9:00 am-4:00 pm

Wednesday: 9:00 am-4:00 pm

Thursday: 9:00 am-4:00 pm

Friday: 9:00 am-4:00 pm

Saturday: Closed

Sunday: Closed

Fee Structure

Call for Information

Languages Spoken

English

Senior Station offers Wellness Program periodically. The programs consist of screenings (blood pressure, eye, hearing, depression, and mammography); health watch (videos on related health information addressing elder issues); educational material (brochures, pamphlets); bi-monthly local TV show addressing health related issues with active senior audience participation; exercise programs (Chair exercise is offered, which is a workout using all body muscles; gentle aerobics and dance exercise are an option, as well as walking indoor. Also offered - Ping-pong and table hockey)

Call for information.

Service Area(s)

Portsmouth City