

## **Nutrition Classes**

Age Requirements

0-5

,

6-12

,

13-21

,

22-55

,

56-60

,

60+

Available 24/7

No

Family

No

Intake Process

Call about specific class.

Provider Refer

Yes

Self Refer

Yes

Sentara Halifax Regional Health System

<https://www.hrhs.org/>

Main

(434) 517-3100

2204 Wilborn Ave

24592 VA

United States

Fee Structure

Call for Information

Languages Spoken

English

Halifax Regional's nutrition and food services department offers nutrition classes about healthy eating: Eating for a Healthy Heart, Eating for a Healthy Weight and more. Please call for more information.

Service Area(s)

Brunswick County

,

Halifax County

,

Mecklenburg County