

Nutrition

Age Requirements

18 and over

Family

No

Intake Contact Email

gail@leadingforth.com

Intake Process

Visit the website; call the office.

Provider Refer

No

Report Problems

Call the Agency

Self Refer

Yes

Integrative Health Center of Charlottesville

<https://www.ihcweightloss.com/>

Main

434-230-6659

3510 Remson Court, Suite 101

22901 VA

United States

Monday: 9:00 am-5:00 pm

Tuesday: 1:00 pm-6:00 pm

Wednesday: 9:00 am-5:00 pm

Thursday: 9:00 am-12:00 pm

Friday: 9:00 am-3:00 pm

Saturday: 10:00 am-1:00 pm

Sunday: Closed

Fee Structure

Fee Range

Payment Method(s)

Private Pay

Languages Spoken

English

Integrative Health Center of Charlottesville provides health education through individual counseling, ongoing classes, and special programs designed to help clients improve nutrition, stress coping, and fitness. This integrative approach offers highly effective solutions to the challenging health issues we face today.

We offer several highly effective classes to support you in strengthening your body, and addressing food and eating issues for optimal mood, energy, and fitness. Individual counseling and fitness training are also available. Call for information about a class and to register.

Service Area(s)

Albemarle County

,

Charlottesville City

,

Fluvanna County

,

Greene County

,

Louisa County

,

Orange County