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/hospitalslocations/martha-jefferson-health-wellness Main (434) 654-4510 590 Peter Jefferson Parkway Second 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 highlytrained 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