

# **Weight Management**

Age Requirements

18 and over

Family

No

Intake Process

Visit the website for information; call the office

Provider Refer

No

Report Problems

Call the Agency

Self Refer

Yes

Integrative Health Center of Charlottesville

<https://www.ihcweightloss.com>

<https://www.ihcweightloss.com/weight-loss-program>

Main

(434) 230-6659

3510 Remson Court, Suite 101

22901 VA

United States

Monday: 9:00 am-5:00 pm

Tuesday: 1:00 am-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

Classes are offered to help individuals lose or control weight and to help individuals strengthen their bodies for fitness. Weight management counseling is available one-on-one. Personal fitness training is also available.

Programs are available to improve self-image, self-confidence, stress coping, bone density and strength, and endurance.

Service Area(s)

Albemarle County

,

Charlottesville City

,

Fluvanna County

,

Greene County

,

Louisa County

,

Orange County