

Weight Management | Wellness Services

Age Requirements

0-5

,

6-12

,

13-21

,

22-55

,

56-60

,

60+

Available 24/7

No

Family

No

Intake Process

Call the office for registration and information

Provider Refer

Yes

Self Refer

Yes

Valley Health

<http://www.valleyhealthlink.com/wellness&fitness>

Main

(540) 636-0263

Toll-Free

(800) 662-7831

401 Campus Boulevard

22601 VA

United States

Fee Structure

Call for Information

Languages Spoken

English

Valley Health's "Weigh 2 Go" weight management program consists of 12 weekly on-hour sessions. In addition to group discussion there is a private weigh in and an opportunity to have food and activity records reviewed by the facilitator. The program examines current lifestyle behaviors, thinking patterns and habits. A plan for physical activities is developed, as well as nutrition and healthy food choice plan.

For individuals who need more personal guidance, "Weigh 2 Go Weight Management PLUS" is offered. The additional benefits are a 3-month membership to Valley Health Wellness and Fitness Center, 3 personal training sessions with a fitness specialist, and more.

The weight management program is available at Page Memorial Hospital, Shenandoah Memorial Hospital, Valley Health & Fitness Center, and Warren Memorial Hospital. Please call for more information.

Service Area(s)

Clarke County

,

Frederick County

,

Page County

,

Shenandoah County

,

Warren County

,

Winchester City