

## Health Education Classes and Screenings

Age Requirements

0-5

,

6-12

,

13-21

,

22-55

,

56-60

,

60+

Available 24/7

No

Other Eligibility Criteria

Open to the community

Family

No

Intake Contact

Tracey Mitchell

Intake Process

Call for more information.

Self Refer

Yes

Valley Health Shenandoah Memorial Hospital

<http://www.valleyhealthlink.com/?id=249&sid=1>

Main

(540) 459-1110

759 South Main Street

22664 VA

United States

Additional Availability Comments

various programs offered on weekends; call 540-459-1110 for more information

Fee Structure

Call for Information

Languages Spoken

English

Shenandoah Memorial Hospital offers [wellness and fitness programs](#) that include smoking cessation, weight management, cholesterol screenings, and workshops on osteoporosis, arthritis, hypertension, stroke, balance, etc. Health education classes and individual teaching can be tailored to your needs. Check the calendar for current events and programs.

Service Area(s)

Harrisonburg City

,

Rockingham County

,

Shenandoah County