## **Health Advocate and Workshops**

22180 VA

**United States** 

Age Requirements 56-60 60 +Available 24/7 No Other Eligibility Criteria Resident of Vienna, Grafton, Oakton, Reston, Falls Church, McLean and Fairfax Family No **Intake Contact** Staff Member Intake Contact Email office@scov.org **Intake Process** Thursdays fron Noon until 1 pm in the Health & Wellness Center is health counseling. Provider Refer Yes Report Problems Call the Agency Residency Requirements Certain Zip codes in Fairfax County Self Refer Yes Shepherd's Center of Northern Virginia (SCNOVA) https://www.scnova.org/ https://scnova.org/services/services-adventures-in-learning/ https://www.facebook.com/scnova.org Main (703) 260-9568 541 Marshall Road SW

Monday: 10:00 am-4:00 pm Tuesday: 10:00 am-4:00 pm

Wednesday: 10:00 am-4:00 pm Thursday: 10:00 am-4:00 pm

Friday: 10:00 am-4:00 pm

Saturday: Closed Sunday: Closed Fee Structure

No Fee

Languages Spoken

English

A health advocate volunteer provides personal health counseling and education, blood pressure screening, and refers clients to appropriate community resources. She also facilitates wellness of mind, body and spirit by coordinating a Wellness class for each Adventures in Learning (AIL) session and conducting periodic Health Workshops.

She is available for health counseling and resource referral each Thursday during AIL sessions from noon-1pm in the Health and Wellness Center. Blood pressures are routinely taken on Thursdays at AIL and prior to Lunch n' Life programs. If you need advice or information on available community health resources call our office and we will have our volunteer contact you.

These free workshops will help you take control of your medical care and improve your ability to handle the frustration, fatigue and feelings of hopelessness that often accompany life with a chronic illness.

We do not perform "hands on" procedures except for blood pressure screening and do not provide in-home care.

Service Area(s) Fairfax City Fairfax County

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Falls Church City Email office@scnova.org