

## Wellness Classes

Age Requirements

56-60

Other Eligibility Criteria

Adults age 50 years and older

Intake Contact Email

info@llichesterfield.org

Report Problems

Call the Agency

Lifelong Learning Institute in Chesterfield

<http://www.llichesterfield.org/>

Main

(804) 378-2527

P. O. Box 1090

13801 Westfield Road

23113 VA

United States

Monday: 8:00 am-4:00 pm

Tuesday: 8:00 am-4:00 pm

Wednesday: 8:00 am-4:00 pm

Thursday: 8:00 am-4:00 pm

Friday: 8:00 am-4:00 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Office hours differ from class hours

Fee Structure

Call for Information

Payment Method(s)

Private Pay

Languages Spoken

English

Lifelong Learning Institute (LLI) in Chesterfield offers courses in Health and Wellness. Some of the courses are Cancer Care, Finding Health Information on the Internet, Fats and Oils: Choosing Wisely, Heart Disease, Hormonal Balance Workshop, Intergenerational Relations, Meal Planning Using Soy and Understanding Dreams.

LLI is a member of the Elderhostel Institute Network (EIN), an umbrella organization for lifelong learning institutes in the United States and Canada. Membership is required in order to register for courses. The membership is \$150 for one year, which entitled the individual to participate in all of the courses, lectures and social events available during their 12-month membership. A limited number of scholarships are available.

Service Area(s)

Amelia County

,

Chesterfield County

,

Hanover County

,

Henrico County

,

Powhatan County

,

Richmond City

Email

[info@llichesterfield.org](mailto:info@llichesterfield.org)