

# Health and Wellness, Personal Growth for Persons with Disabilities

Age Requirements

18 and over

Available 24/7

No

Other Eligibility Criteria

Adults with disabilities

Family

No

Intake Contact

Tennie Gratz

Intake Contact Email

drc@cildrc.org

Intake Process

Call for more information or to make a reservation in the class.

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

disAbility Resource Center

<http://www.cildrc.org>

Main

(540) 373-2559

Toll-Free

(800) 648-6324

TTY/TTD

(540) 373-5890

409 Progress Street

22401 VA

United States

## Additional Availability Comments

Please contact for addition information

540-373-2559 Tennie Gratz

Languages Spoken

English

disAbility Resource Center offers a Health and Wellness Program for people with disabilities, family members and personal attendants. Please call for details and to make a reservation in case the participation in the class is limited.

Video phone: 540.645.5419; TTY/CAPTEL is 540-373-5890.

Service Area(s)

Caroline County

,

Fredericksburg City

,

Spotsylvania County

,

Stafford County

Email

[drc@cildrc.org](mailto:drc@cildrc.org)