

## Senior Health Exercise Classes, Healthy Aging

Age Requirements

56-60

,

60+

Intake Contact Email

seniorhealth@virginiahospitalcenter.com

Intake Process

Call for information and to register. Please contact us if you have questions or need information.

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Virginia Hospital Center (VHC Health)

<https://www.vhchealth.org/>

<https://www.virginiahospitalcenter.com/classes-events/healthy-aging/>

Main

(703) 558-6859

1701 N. George Mason Drive

22205 VA

United States

Additional Availability Comments

Class and workshop times vary

Fee Structure

Call for Information

Languages Spoken

English

Virginia Hospital Center offers Healthy Aging for older adults. The Senior Health Department offers a variety of exercise and [fitness classes and wellness workshops](#),

some of which may be available online. Healthy Living webinars are offered periodically.

Please follow [this link](#) for the current classes. Some classes run for **7 weeks**.

Service Area(s)

Alexandria City

,

Arlington County

,

Fairfax City

,

Fairfax County

,

Falls Church City