

## Sentara Star Hill Health Center, Wellness Programs for Children & Teens

### Age Requirements

0-5

,

6-12

,

13-21

### Other Eligibility Criteria

Children and teens living in Charlottesville

### Family

Yes

### Intake Process

Call the office - By appointment only

Sentara Starr Hill Health Center

<https://www.sentara.com/charlottesville-virginia/hospitalslocations/locations/m...>

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### Main

(434) 984-6220

Sentara Starr Hill Health Center

233 4th Street NW

22903 VA

United States

### Additional Availability Comments

By appointment only or open for classes and events.

### Fee Structure

No Fee

### Languages Spoken

English

The Sentara Starr Hill Health Center is focused on improving the health of children, teens, and families in the City of Charlottesville. The Nurse Practitioner at the center

conducts wellness assessments and writes individualized plans to help children, teens, and families reach wellness goals. All services are free of charge.

Teens: Healthy Lifestyle Club to help teens get healthy and/or stay healthy.

Families: For families who make a commitment to live healthier.

Staff training on body mass index and weight tracking. The center also provides medication reviews, CPR training, and educational sessions to help meet healthcare needs in the community.

Service Area(s)

Albemarle County

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Charlottesville City