



Health & Wellness Program

Meals and Nutrition

Good health starts with good nutrition. Check out how easy it is to eat healthy.

Senior Center Programs

- Daily Nutritious Meals
- Make new friends
- Jump into fun activities
- Have fun

Farm Market Program

- Eat fresh, eat local
- Vouchers for fresh produce

Meals on Wheels

- Healthy meals delivered to your home
- For home-bound older adults

Nutrition Programs

- Learn how to eat for longevity
- Health and Wellness Materials

Call for Senior Center Locations



(757) 461-9481

2551 Eltham Avenue, Suite Q
Norfolk, VA 23513

Hayden Village Center
680 Oak Street
Franklin, VA 23851

www.SSSEVA.org

www.facebook.com/SSSEVA

Senior Services of Southeastern Virginia is a 501(c)(3) nonprofit organization.



Keeping You
Healthy, Active,
& Engaged



Senior Services of Southeastern Virginia is committed to ensuring that no person is excluded from participation in or denied the benefits of its services on the basis of race, color, or national origin, as provided by Title VI of the Civil Rights Act of 1964.



Keeping you Healthy

Your good health is our top priority. All of our programs are proven to promote good health and prevent disease. Live better, feel better, and take control of your own health by joining one of our fun and exciting classes. Programs and classes for ages 60+.

HealthWise

Connect with friends, family, your physician, and the community right from the comfort of your own home. Our HealthWise Program will team you with your own coach so you can learn how to use your phone or computer to stay connected with others.

What About Fees?

Many of our services are provided at no cost for ages 60 and better. **Call for more information.**



Wellness Programs

Teaching older adults how to:

- Eat for a healthy life
- Stay strong through exercise
- Manage pain and fatigue
- Reduce the risk of a fall
- Manage chronic diseases
- Talk to your doctor



Wellness Classes

A Matter of Balance

- Learn to manage falls and safely increase activity through exercise and goal setting.

Bingocize®

- Learn how to avoid falls through light exercise while playing Bingo. Our most popular program.

Chronic Disease Self-Management

- Learn to manage chronic disease for a happy, independent life.

Chronic Pain Self-Management

- You can deal with chronic pain and fatigue through better nutrition, light exercise, and self-care techniques.

Walk With Ease

- Reduce chronic pain, get stronger, increase balance, improve walking pace, and improve overall health.

(757) 461-9481



Keeping You Healthy, Active, & Engaged