

Health & Wellness

Senior Services programs are proven to promote good health and prevent disease. Prioritize your well-being and take control of your health by joining our classes for those age 60 and over.

WELLNESS CLASSES

- **A Matter of Balance**

Learn to manage falls and safely increase activity through exercise.

- **Bingocize®**

Improve strength, balance, and range of motion while playing Bingo. Our most popular program.

- **Chronic Disease and Chronic Pain Self-Management**

Understand how to manage symptoms, set goals, and problem solve.

- **Healthwise**

Work with a technology coach to learn how to use your phone or computer to stay connected to family, friends, and your healthcare provider.

- **Walk with Ease**

Reduce chronic pain, gain strength and balance, increase walking pace, and improve overall health.

- **Better Together Café**

A health and wellness program located within area senior centers

- Daily nutritious meals
- Community
- Nutrition counseling
- Nutrition education
- Transportation

- **Meals on Wheels**

If you're a home-bound older adult, enjoy healthy meals delivered to your door.

(757) 461-9481

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

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