

# Adapted Wellness Program, Developmental Disabilities

Age Requirements

22-55

,

56-60

,

60+

Available 24/7

No

Documents Required

Call for details

Other Eligibility Criteria

Serves young adults with developmental disabilities as they age out of special education in our public schools at age 22.

Family

No

Intake Contact Email

pam.mcgregor@thearcgw.org

Intake Process

Call or email for information.

Intake Contact Telephone

(757) 229-3535

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

The Arc of Greater Williamsburg

<http://www.thearcgw.org/>

<https://www.thearcgw.org/adapted-wellness-program>

<https://www.facebook.com/thearcgw>

Main

(757) 229-3535

150-D Strawberry Plains Road  
23188 VA  
United States

#### Additional Availability Comments

Call for information.

Fee Structure

Call for Information

Languages Spoken

English

The ARC of Greater Williamsburg's Adapted Wellness Program offers aerobics and yoga classes taught by certified instructors. The program includes counseling on proper nutrition, instruction on how to make healthy choices and develop healthy habits, stress relief and regular blood pressure and weight checks.

Our goals for this program are:

- To provide an opportunity for participants to exercise in a stress-free, safe, non-judgmental environment.
- To give participants the ability to make informed choices and decisions regarding health and wellness as related to their lives.
- To develop positive, healthy attitudes about exercise, eating, and taking care of body and mind.
- To reduce risk factors for obesity, diabetes, and high blood pressure among participants.
- To focus on eye health through project 20/20.

Service Area(s)

James City County

,

Williamsburg City

Email

[pam.mcgregor@thearcgw.org](mailto:pam.mcgregor@thearcgw.org)