

Arthritis Foundation Wellness Partners

Official Partners offering safe, effective and certified Arthritis Foundation programs



Blue Ridge

- | | | | |
|--|--------------|----------------|---|
| ❖ Bridgewater Home | Bridgewater | (540) 828-2373 | E |
| ❖ Virginia Mennonite Retirement Comm. (VMRC) | Harrisonburg | (540) 574-3850 | E |

Central West

- | | | | |
|--------------------------------|-----------------|----------------|------|
| ❖ Atlantic Coast Athletic Club | Charlottesville | (434) 978-3800 | A, E |
|--------------------------------|-----------------|----------------|------|

Central

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|---|------------|----------------------|------|
| ❖ American Family Health & Fitness, Northside | Richmond | (804) 261-1000 | A |
| ❖ <i>Bon Secours Richmond Faith Comm. Services:</i> | | | |
| • Bethlehem Baptist Church (<i>T. Pauley</i>) | Richmond | (804) 643-3404 | S |
| • Church of the Epiphany (<i>D. Wallain</i>) | Richmond | (804) 674-1657 | S |
| • Kingsland Baptist Church (<i>M. Boling</i>) | Richmond | (804) 275-1285 | S |
| • Sandston Baptist Church (<i>L. Poarch</i>) | Sandston | (804) 737-2171 | S |
| • St. Mary's Catholic Church (<i>P. Spurzem</i>) | Richmond | (804) 740-4044 x 25 | S |
| ❖ Brandermill Woods Retirement Comm.* | Midlothian | (804) 744-1173 | E, T |
| ❖ Chester Family YMCA | Chester | (804) 748-9622 | A |
| ❖ Chickahominy Family YMCA | Sandston | (804) 737-9622 | A, E |
| ❖ Imperial Plaza* | Richmond | (804) 262-6537 x 333 | E |
| ❖ Lakewood Manor* | Richmond | (804) 521-9100 | E |
| ❖ McGuire Veterans Affairs Med Ctr. | Richmond | (804) 675-5000 | E |
| ❖ Midlothian Family YMCA | Midlothian | (804) 379-5668 | A |
| ❖ Patrick Henry YMCA | Ashland | (804) 798-5770 | A |
| ❖ Robious Sports & Fitness | Richmond | (804) 330-2268 | A |
| ❖ Shady Grove Family YMCA | Glen Allen | (804) 270-3866 | A |
| ❖ Tuckahoe Family YMCA | Richmond | (804) 740-9622 | A, E |

Middle Peninsula

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|---------------------------------------|--------------|----------------|------|
| ❖ River Fitness | Tappahannock | (804) 443-0500 | A |
| ❖ Riverside Wellness & Fitness Center | Gloucester | (804) 693-8888 | A, E |
| ❖ Sanders Assisted Living | Gloucester | (804) 693-2000 | E |

Northern

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|---|----------------|----------------|------|
| ❖ Chinn Aquatics & Fitness Center | Woodbridge | (703) 730-1051 | A |
| ❖ Four Seasons Club House | Dumfries | (703) 878-2061 | A |
| ❖ Rappahannock Area Family YMCA - Massad Branch | Fredericksburg | (540) 371-9622 | A |
| ❖ Rehab & Wellness Center of VA | Fredericksburg | (540) 741-1542 | E, S |
| ❖ Spotsylvania Family YMCA | Spotsylvania | (540) 371-9622 | A |
| ❖ Winchester Rehab. Center | Winchester | (540) 536-5136 | A, T |

Peninsula

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|--|--------------|----------------|------|
| ❖ Colonial Heritage | Williamsburg | (757) 645-2010 | E |
| ❖ Colonial Manor Retirement Community* | Williamsburg | (757) 476-6721 | E |
| ❖ James City-Williamsburg Community Center | Williamsburg | (757)259-4200 | A, E |
| ❖ R.F. Wilkinson Family YMCA | Williamsburg | (757)229-9622 | A, E |
| ❖ Riverside Wellness & Fitness Center | Newport News | (757) 875-7525 | A |
| ❖ Warwick Forest | Newport News | (757) 886-2000 | E |

South Hampton Roads

❖ Bending Tree Tai Chi Kung (multiple locations)	Virginia Beach	(757) 318-9355	T
❖ Bending Tree Tai Chi Kung	Norfolk	(757) 318-9355	T
❖ Girls, Inc. Center for Youth	Portsmouth	(757) 465-3884	A
❖ Greenbrier Family YMCA	Chesapeake	(757) 547-9622	A
❖ Hampton Family YMCA	Hampton	(757) 722-9044	A, E
❖ Hilltop Family YMCA	Virginia Beach	(757) 226-9327	A, T
❖ Indian River Family YMCA	Virginia Beach	(757) 366-0488	A
❖ James L. Camp Jr. YMCA	Franklin	(757) 562-3491	A
❖ Luter Family YMCA	Smithfield	(757) 365-4060	A
❖ Mount Trashmore Family YMCA	Virginia Beach	(757) 456-9622	A, E
❖ Northside Community Pool	Norfolk	(757) 441-1760	A
❖ Portsmouth Family YMCA	Portsmouth	(757) 483-9622	A
❖ Simon Family Jewish CC	Virginia Beach	(757) 321-2338	A
❖ Taylor Bend Family YMCA	Chesapeake	(757) 638-9622	A

Southside

❖ Longwood University	Farmville	(434) 395-2542	A
❖ Petersburg Rec. Center	Petersburg	(804) 733-2394	E
❖ Southside Virginia Family YMCA	Petersburg	(804) 733-9333	A, E

Southwest

❖ Bedford Area Family YMCA	Bedford	(540) 586-3483	A
❖ Botetourt Athletic Club	Roanoke	(540) 992-2993	A, E
❖ Galax Community Center	Galax	(276) 236-3218	A
❖ Grace Hills Baptist Church	Appomattox	(434) 993-9336	E
❖ King's Grant/Sunnyside Communities*	Martinsville	(276) 634-1200	A, T
❖ Kirk Family YMCA	Roanoke	(540) 342-9622	A
❖ Lifetime Wellness Center	Marion	(276) 781-2748	A
❖ Roanoke Athletic Club	Roanoke	(540) 989-5758	A
❖ Salem Family YMCA	Salem	(540) 387-9622	A



* = Private facility



800.456.4687 www.arthritis.org

Arthritis Foundation programs help to control pain of thousands of the 1.5 million people with arthritis in Virginia. Please **thank** our partners for offering these safe, effective programs in your community.

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