

## Active Wellness Program, St. Alban's

Age Requirements

18 and over

Available 24/7

No

Family

No

Intake Process

Participants must pre-register.

Self Refer

Yes

Iona Senior Services

<http://www.iona.org>

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

Main

(202) 966-1055

4125 Albemarle St NW

20016 DC

United States

Monday: 9:00 am-5:00 pm

Tuesday: 9:00 am-5:00 pm

Wednesday: 9:00 am-5:00 pm

Thursday: 9:00 am-5:00 pm

Friday: 9:00 am-5:00 pm

Saturday: Closed

Sunday: Closed

Languages Spoken

English

The Active Wellness program at St. Alban's offers a range of nutrition services. Nutritionist can provide individualized nutrition plans to achieve specific goals.

St. Alban's programs include a morning fitness program, a nourishing lunch,

educational programs, computer classes and much more.

Call 202-895-9448 for information.

Service Area(s)

Washington DC

Email

[info@iona.org](mailto:info@iona.org)