

# Frequently asked questions about our Wellness Programs

## How does the Program Work?

Our wellness programs are held in the community in partnership with churches, city and county Recreation Programs, Health Clinics as well as at our 12<sup>th</sup> Street main office. To find out when and where workshop are currently being held, please contact us at 434-385-9070 or by email at [cvacl@cvcl.org](mailto:cvacl@cvcl.org).

## Is there a fee?

There is not a fee for these programs although donations are humbly accepted. We also ask that you complete a questionnaire before the program begins.

## Who is Eligible?

People who reside in the City of Lynchburg, and the counties of Amherst, Appomattox, Campbell and Bedford.

## How do I begin?

Please call **(434)385-9070** between the hours of 8:30 am and 4:30 pm. Your family or friends may call on your behalf.

CVACL also welcomes referrals from other service providers and professionals.