

# BERNICE FONTENEAU Senior Wellness Center

The Bernice Fonteneau Senior Wellness Center provides opportunities for District seniors 60 and older to participate in wellness activities that will optimize their health and well being. Disease prevention and health promotion are encouraged through Education, Fitness, and Nutrition Programs. All services are provided at no cost to senior residents in the District of Columbia.



**3531 Georgia Avenue NW  
(202)727-0338**

**Education** – Planned activities provide the opportunity for seniors to acquire knowledge and information pertinent to their well being. These include some member-organized group activities in addition to those planned by staff.

- Health Education Lectures and Seminars
- Computer Training
- Educational Learning Groups
- Bible Study
- Relaxation and Massage Therapy
- Social Activities (Gatherings & Field Trips)
- Arts & Crafts



**Nutrition** – A licensed Nutritionist promotes healthy lifestyles for the total enhancement of daily living. The Nutrition program offers the following services:

- Nutrition Assessments & Intervention (Individual and Group)
- Nutrition Education (General Health & Chronic Disease)
- Cooking Demonstrations
- Professional and Member Participation
- Nutrition Bingo

**Fitness** – The Center is equipped with a full-sized exercise room with state-of-the-art equipment. A full-time licensed fitness instructor will provide group and individual fitness instruction daily. The center also features the latest in strength training and cardiovascular equipment.

- Fitness Assessments/Orientation
- Open Gym
- Weight Training
- Circuit Training
- Tai Chi & Yoga
- Pilates
- Walking Classes
- Aerobics/Chair Exercise
- Cardio Interval Exercise
- Line Dancing
- Stretch & Tone
- Health Screenings



## **Staff**

**Director  
Michelle Singleton**

**Administrative  
Assistant  
Nellie Pate**

**Nutrition Director  
Sonia Pessoa**

**Fitness Director  
Deborah Parker**

**Hours of  
Operation:  
Monday – Friday  
8:30 – 4:30 PM**



**Mary's  
Center**

