

Henrico Wellness Academy

COHORT



Contact Sydnei Douglas @ dou065@henrico.gov or (804) 501 - 7559 for more info

For those seeking a more personalized experience, join our special cohort within the Academy! Connect with a small group via Microsoft Teams, facilitated by our Fitness and Wellness trainers. Engage in unique activities and assignments, share experiences, and celebrate your progress with a special end-of-program ceremony.

