Adolescents who enroll in the program receive:

- Complete medical evaluation with comprehensive lab work
- Resting electrocardiogram test
- Medical exam
- Nutrition and behavioral evaluation
- Exercise program
- Nutrition education
- Continued nutritional and psychological support

Contact and Location
Janet Delorme, T.E.E.N.S. Program Coordinator
804.527.4756 or jdelorme@vcu.edu

The T.E.E.N.S Program is located at the CHoR Healthy Lifestyles Center:
Healthy Lifestyles Center
Pembrooke Office Park
2303 N. Parham Road, Suite 1
Richmond, VA 23229

www.go.vcu.edu/TEENS
T.E.E.N.S. Program at the Healthy Lifestyles Center
Pembroke Office Park
2303 North Parham Road, Suite 1
Henrico, VA 23229

From Southside/Chesterfield
- Take VA-150 N./Chippenham Parkway
- Chippenham Parkway becomes N. Parham Road
- Turn RIGHT on Fordson Road
- Take first LEFT into Pembroke Office Park
- Take immediate LEFT
- Center is on the RIGHT

From Points West (Charlottesville)
- Take I-64 East toward Richmond
- Take EXIT 181 for Parham Road
- Turn RIGHT on N. Parham Road
- Turn LEFT on Fordson Road
- Take first LEFT into Pembroke Office Park
- Take immediate LEFT
- Center is on the RIGHT

From Points East (East End)
- Take I-64 West toward Charlottesville
- Take EXIT 181A for S. Parham Road
- Turn LEFT on Fordson Road
- Take first LEFT into Pembroke Office Park
- Take immediate LEFT
- Center is on the RIGHT

From Points North (Fredericksburg)
- Take I-95 South toward Richmond
- Take EXIT 83B for E. Parham Road
- Continue on Parham Road for 6.5 miles
- Turn LEFT on Fordson Road
- Take first LEFT into Pembroke Office Park
- Take immediate LEFT
- Center is on the RIGHT

From Points South (Petersburg)
- Take I-95 North toward Richmond
- Merge onto I-64 West via EXIT 79 toward Charlottesville
- Continue on I-64 for 5.9 miles
- Take EXIT 181A for S. Parham Road
- Turn LEFT on Fordson Road
- Take first LEFT into Pembroke Office Park
- Take immediate LEFT
- Center is on the RIGHT