



2018 Personalized Service Plans

Wellness Support & Prevention

Health Plan Evaluation:	\$90.00
<i>Includes comprehensive assessment for mind, body and heart.</i>	
Personal Fitness Coach	\$30 for ½ hour
Nutrition Education Sessions	\$50.00 a visit

Nursing & Therapy Sessions

Initial Evaluation & Set Up	\$90.00 / visit
Nursing Visit	\$60.00 / visit
PT / OT Visit	\$70.00 / visit
PTA / OTA Visit	\$50.00 / visit
ST Visit	\$70.00 / visit
HHA Visit	\$35.00 / visit
Private Counseling Session	\$75.00 / visit

Taking a positive, proactive and holistic approach to managing your health decreases the risk of falls, illness and injury. Regular participation in exercise and prevention services is recommended.

Call our Wellness Office for more information at 636-577-4000