



# INTEGRATIVE Family MEDICINE Center

Mind-Body Therapeutic Massage Nutrition Acupuncture

## Description of Services

### Comprehensive 6 Month Programs

The **Five Stones Program** is our newest and most comprehensive, physician supervised health and wellness program that include the following services:

- Initial consult with a physician and one follow-up visit per month
- Two health and nutritional counseling sessions per month
- Two massages per month
- Two functional personal training sessions per week
- \$50 supplement allowance per month
- Wellness classes (approx 2 per month)
- Free Integrative Nutrition Book and Journal
- Discounted rates on health food store tour and pantry raid

The **Holistic Health and Nutritional Counseling Program** focuses on making sustainable lifestyle and nutritional changes to build a solid foundation for health and well-being and includes the following services:

- Two health and nutritional counseling sessions per month
- Wellness classes (approx 2 per month)
- Free Integrative Nutrition Book and Journal
- Discounted rates on health food store tour and pantry raid

We are happy to help you design a custom program that meets your health and wellness goals and your budget!

### Introductory Packages

**A Taste of Integrative Medicine** – sample each of the services that help form our unique integrative approach to health and well-being with one health and nutritional counseling session, one hour massage and one functional personal training session.

**Kick Start Nutrition and Fitness** – kick start your healthy eating and exercise program with two visits with our holistic health and nutritional counselor and two sessions with our functional personal trainer.

**Wellness Package** – a two month program to help you begin on your path to improved health and wellness including the following:

- Initial consult with physician
- One follow-up visit with physician
- Two health and nutritional counseling sessions per month
- Two massages per month
- Two functional personal training sessions per week
- \$50 supplement allowance per month
- Wellness classes (approx 2 per month)

**Personal Training Package Deals** – get support in building a physical exercise program that helps you achieve your health goals AND save some money at the same time! Receive discounts on personal training sessions when you buy in bulk!

- Purchase 6 to 11 sessions and receive \$5 off each session
- Purchase 12 or more sessions and receive \$10 off each session

### **A La Carte Menu**

#### *Office Visits:*

- Consultation with Integrative Medicine Physician
- Follow-up visits with Integrative Medicine Physician
- Acupuncture with Integrative Medicine Physician
- Consultation with Holistic Health and Nutrition Counselor
- Pay per visit with Holistic Health and Nutrition Counselor

#### *Wellness Services:*

- Health Food Store Tour
- Pantry Raid
- Massage Therapy
- Functional Personal Training

## **10% OFF Wellness Services!**

New patients receive 10% off any of our wellness services!  
Established patients receive 10% off any wellness service for a referral!

Thank you for choosing Integrative Family Medicine Center as your partner in health and wellness!

**INTEGRATIVE**Family**MEDICINE**Center  
Mind-BodyTherapeuticMassageNutritionAcupuncture

Simply mention this coupon when you call to book your service and present coupon at the time of payment.