

INTEGRATIVE FAMILY MEDICINE CENTER MENU OF SERVICES

The Five Stone Program	6 Months \$1220 per Month
Initial Consult with Holistic Medicine Physician	
5 Follow-up Visits (1 per month)	
Monthly supply of multi vitamin	
12 Sessions with Holistic Health and Nutrition Counselor	
12 Massages	
48 Sessions with Personal Trainer	
8 Free Classes	
Free Integrative Nutrition Book and Journal	
Discounted rates on Health Food Store Tour and Pantry Raid	

An Introduction to Holistic Health*	\$245
Initial Consult with Holistic Health and Nutrition Counselor	
1 Massage (1 hour)	
1 Session with Personal Trainer	

Kick Start Nutrition and Fitness*	\$320
2 Sessions with Holistic Health Counselor	
2 Sessions with Personal Trainer	

Holistic Health Counseling 3 and 6 Month Programs	6 Months \$180 per Month
12 Sessions with Holistic Health and Nutrition Counselor	
8 Free Classes	
Free Integrative Nutrition Book and Journal	
Discounted rates on Health Food Store Tour and Pantry Raid	

Personal Training Package Deals*
Up to 5 Sessions with Personal Trainer @ \$80/each
6-11 Sessions with Personal Trainer @ \$75/each
12 or More Sessions with a Personal Trainer at \$70/each

Group Health Counseling Programs	\$360
6 Group Sessions	
Cooking Classes	
Discounted rates on Health Food Store Tour and Pantry Raid	

Custom Package	10% Discount
Initial Consult with Holistic Medicine Physician	
Follow-up visits with Holistic Medicine Physician	
Sessions with Holistic Health Counselor	
Massages	
Personal Fitness Training Sessions	
Acupuncture	

A La Carte	
Initial Consultation with Holistic Physician	1 Hour
Followup Visits with Holistic Medicine Physician	30 Min
Initial Consultation with Holistic Health and Nutrition Counselor	1 Hour
Followup Visits with Holistic Health and Nutrition Counselor	1 Hour
Health Food Store Tour	1.5 Hours
Pantry Raid	1.5 Hours
Health Food Store Tour and Pantry Raid Combo	3 Hours
Acupuncture	30 Min
Massage	1 Hour
Massage	30 Min
Session with Personal Trainer	45 Min

* Note all sessions must be used within 90 days



Please call George King at 703-669-6118 or email at : gking@imgdoctors.com for more details and pricing.

Integrative Family Medicine Center is located at: 116 Q Edwards Ferry Road, N.E. near beautiful downtown Leesburg, Virginia.

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