

Corporate Wellness Rates

**Group Program Pricing (8 week program)**

<10 Participants - $75 / person

10-30 Participants - $60 / person

31-50 Participants - $55 / person

50+ Participants - $50 / person

 This includes:

 8 week program (CardioMetabolic, Detox, CORE, Elimination Diet)

 3 Monthly ZOOM sessions for group coach experience, and education

 1 Private initial consultation

 1 Personalized nutrition plan

 3 Monthly 15-30 minute check-ins

 Instant chat for secure message for support and questions

**Individual Coaching 3 month package**

Online pricing is $225 / person; available for < 10 participants

10-30 Participants $210 / person

31-50 Participants $205 / person

50+ Participants $200 / person

 This package includes:

 3 month program individual coaching

 1 – 1 hour individual initial consult/assessment

 2 – 15-30 minute follow up check-ins (in Month 2 and 3)

 3 – Personalized nutrition plan

 4 – Modified lifestyle factor suggestions

 5 – Instant chat for secure message for support and questions

Balance by Brooks – www.balancebybrooks.com