A logo of a tree with roots

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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

A person with glasses and a pen

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