

Stress/Anxiety/Depression Treatment Program

PROGRAM OFFERS:

- Therapy & Lifestyle Changes for Stress/Anxiety/Depression
- Weekly/Bi-weekly Telephonic Therapy Sessions
- Personalised Meal Plan by a Clinical Dietitian
- Home or Gym-Based Exercise Plan
- Weekly Group Follow-ups with Psychologist
- Unlimited Chat Support
- Plans Updated Every 4 Weeks

1 Month Program	Rs20,000/-	
3 Months Program	Rs 50,000/-	_

