

Stress/Anxiety/Depression Treatment Program

PROGRAM OFFERS:

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

3 Months Program Rs 50,000/-
6 Months Program Rs 90,000/- You Save Rs 10,000/-

