

## 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
- Plans Updated Every 4 Weeks

	Actual Price	Discounted Price (20% off)
3 Months Program Eight (8) Sessions	Rs 50,000/-	Rs 40,000/-

6 Months Program
Sixteen (16) Sessions

Rs 90,00/-

Rs 72,000/-

