

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

3 Months Program
Eight (8) Sessions

Rs 50,000/-

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6 Months Program
Sixteen (16) Sessions

Rs 90,000/-

You Save Rs 10,000/-

