

Virtual Packages & Programs



Our mental health counselors and well-being coaches have developed a selection of virtual packages and programs designed to support your mental health and your family's well-being during this challenging time.

VIRTUAL PACKAGES

RESILIENCE PACKAGE

Member Price through July 15 \$475 / Non-Member \$530 / Package Value \$530

- Stress Management Consult with Dr. Nigel Lester (60 Minutes) (billed to insurance*)
- Functional Wellness Consult with Sarah Bird, DNP (60 Minutes)
- Counseling with Julie Geeting (60 Minutes)
- Cardiac Coherence or TCI Assessment with Sarah Lewis (45-60 Minutes)
- Private 1:1 Neuroplasticity with Jessica Dycus (45 Minutes)
- Private 1:1 Meditation with Sarah Lewis (45 Minutes)

WELL-BEING TOOL KIT

Member Price through July 15 \$199 / Non-Member \$255 / Package Value \$255

- TCI with Sarah Lewis (45-60 Minutes)
- Private 1:1 Neuroplasticity with Jessica Dycus (45 Minutes)
- Private 1:1 Meditation with Sarah Lewis (45 Minutes)

VIRTUAL PROGRAMS

3-WEEK STRESS MANAGEMENT PROGRAM

Member Price through July 15 \$2,450 / Non-Member \$2,600 / Package Value \$2,850

Service	Provider	Duration	Total #	Week 1	Week 2	Week 3
Program Intake	Sarah Lewis	45 Minutes	1	1		
Mental Health Initial Consult*	Nigel Lester	75 Minutes	1	1		
Mental Health Extended Consult*	Nigel Lester	60 Minutes	1			1
Functional Wellness Consult	Sarah Bird	60 Minutes	1	1		
Functional Wellness Consult	Sarah Bird	30 Minutes	2		1	1
TCI Assessment	Julie Geeting	60 Minutes	1	1		
Counseling	Julie Geeting	30 Minutes	6	2	2	2
Well-Being Coaching	Sarah Lewis	30 Minutes	6	2	2	2
Cardiac Coherence	Sarah Lewis	60 Minutes	1	1		
Know Yourself Workshop	Coach	90 Minutes	3	1	1	1
Personal Training	Angela / Andrew	60 Minutes	2	2		
Personal Training	Angela / Andrew	30 Minutes	6		3	3
Art for Well-Being	Maria Ojascastro	60 Minutes	3	1	1	1
Total Appointments in Program			34	13	10	11

*Consults with Dr. Lester are billed to insurance and are subject to your copay, deductible, and any other out-of-pocket expenses.