

LOURDES CARE PROGRAM
OUR LADY OF LOURDES WELLNESS CENTER
SERVICES FOR YOUR ORGANIZATION

Screenings/Health Fair Events	Persons/Hour	Price
Seated Chair Massage	Approx. 6/hour	\$70.00/Hour
Blood Pressure Measurement	30/Hour	\$50.00/Hour
Total Cholesterol	15/Hour	\$55.00/Hour***
Diabetes Screening	15/Hour	\$55.00/Hour**
Body Composition Analysis	30/Hour	\$50.00/Hour
Lifestyle Assessment	10/Hour	\$50.00/Hour

** There is an additional \$5.00/person charge

*** There is an additional \$6.00/person charge

Behavior Modification Programs	8 or More Participants	More than 8 People
Effective Weight Management 8-Week Program	\$110.00/Person	\$100.00/Person
Smoking Cessation 6-Week Program	\$100.00/Person	\$90.00/Person
Group Hypnosis To Stop Smoking One Time Session	\$75.00/Person	\$60.00/Person
Group Hypnosis To Lose Weight One Time Session	\$75.00/Person	\$60.00/Person

Exercise Classes	8 Weeks Once/Week
Strength Training One-Hour	\$100.00/Person
Low-Impact Aerobics One-Hour	\$100.00/Person
Yoga One-Hour	\$100.00/Person
Tai Chi One-Hour	\$100.00/Person

Minimum of 8 participants for group exercise classes.



Lourdes Wellness Center
900 Haddon Avenue, Suite 100
Collingswood, NJ 08108
856-869-3133

Sponsored by Lourdes Health System A Ministry of the Franciscan Sisters of Allegany, NY

Revised 11/06