

## MENU OF SERVICES

Screenings/Health Fair Events	Persons/Hour	Price
<b>Seated Chair Massage</b> A certified massage therapist will perform seated chair massage to relieve stress, tension and provide an overall sense of well-being. Individual massages will last approximately 20 minutes.	Approx. 6/hour	\$75/hr
<b>Blood Pressure Screening</b> A health educator or registered nurse will manually or digitally measure the force of blood as it moves through the blood vessels and will interpret results.	30/hour	\$55/hr.
<b>Total Cholesterol</b> A health educator or registered nurse will perform this screening that provides vital information on the risk of Cardiovascular Disease and will interpret results. Method used is a finger stick and fasting is not necessary. ***An additional \$7.00/person	12/hour	\$60/hr.***
<b>Glucose Screening</b> A health educator or registered nurse will perform this screening that provides vital information on the risk of Diabetes and will interpret results. Method used is a finger stick and fasting is preferred. **An additional \$6.00/person.	15/hour	\$60/hr.**
<b>Body Composition</b> A health educator or registered nurse will perform this screening that provides vital information on the risk of Diabetes, Cardiovascular Disease, and some cancers. Method used is a hand-held device that uses bioelectrical impedance to calculate the percentage of fat in the body.	20/hour	\$55/hr.
<b>Flexibility Testing</b> A health educator or registered nurse will perform this test that measures the flexibility of lower back and hamstring muscles. Results will be interpreted. Method used is a Flex-Tester sit and reach box.	10/hour	\$55/hr.

Behavior Modification Programs	Price (8 person minimum)
The American Lung Association's Freedom from Smoking® 7-week Program	\$105/per person \$25/Program Manual
Group Hypnosis for Smoking Cessation (2-hour session)	\$70/per person
Group Hypnosis for Weight Management (2-hour session)	\$70/per person
Group Hypnosis for Stress Management (2-hour session)	\$70/per person

Group Exercise Classes (1hr.)	Price (1x Intro.)	Price (4 wks./1x per wk.) (8 person min.)
Strength Training	\$175	\$55/person
Low-Impact Aerobics	\$175	\$55/person
Yoga	\$175	\$55/person
T'ai Chi	\$175	\$55/person
Pilates	\$175	\$55/person

Lunch & Learn Workshops (1hr.)	Price
One-hour educational sessions presented by seasoned professionals that provide realistic & helpful tools to make healthy lifestyle choices. Topics: Nutrition, Fitness, Stress Management, Self-Care, Relaxation & Meditation, Massage & Body Work	\$175

### LOURDES WORKSITE WELLNESS

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