

## PeHP Discount for Essential Wellness Global Classes:

30% off all classes (customized classes may be scheduled at worksites)

Custom plan for reaching your optimum wellness goals (Classes listed below)

Create a comprehensive personalized plan in 6 steps to wellness (Private Coaching)

Classes:

Essential Wellness 101 - A 2-week foundational class with overview of all steps to a wellness lifestyle  
(Prerequisite to EW modules 102 and above)

EW 102 - Eat Right – Customized nutrition plan, including weight loss options

EW 103 - Get Moving – Customized plan for incorporating physical activity

EW 104 - Rest and Reduce Stress – Plan for repair and rebuild body systems

EW 105 - Reduce Toxic Load – Reduce toxic insult at home and work environments

EW 106 - Informed Self Care – Use nature's remedies for common health concerns

EW 107 - Holistic Health Care Options – Explore options for (treatment of) health care conditions

EAP – Your customized Emergency Action Plan (lifestyle reset) No prerequisite required. Private Coaching in all areas of Wellness Lifestyle Foundation with customized plan.

Pricing (Fee Schedule) ALL CLASSES are 45-60 MINUTES

(Standard Rate \$25 per Person)

CLASS OR SERVICE TYPE	REGULAR PRICING - INDIVIDUAL	DISCOUNT OFFER - INDIVIDUAL	CLASS PRICING
<b>Essential Wellness 101 – (2 classes)</b>	\$50.00	\$35.00	\$35.00/per person
<b>Eat Right</b>	\$25.00	\$17.50	\$17.50/per person
<b>Get Moving</b>	\$25.00	\$17.50	\$17.50/per person
<b>Rest &amp; Reduce Stress</b>	\$25.00	\$17.50	\$17.50/per person
<b>Reduce Toxic Load</b>	\$25.00	\$17.50	\$17.50/per person
<b>Informed Self Care</b>	\$25.00	\$17.50	\$17.50/per person
<b>Holistic Health Care Options</b>	\$25.00	\$17.50	\$17.50/per person
<b>EAP – Your Customized Action Plan, Includes ongoing coaching</b>	\$50.00/hour (8 weekly sessions) = \$400	\$40.00/hour (20% discount) \$320	N/A