



Wellness Plus+ ON-Demand

Enjoy evidence-based exercise for disease management and prevention. This program uses minimal equipment and can be utilized in the comfort of your own home. Our programs are written to modify for most fitness levels.

Diagnosis

- ▶ Parkinson's Wellness Program
- ▶ Osteoporosis Wellness Program
- ▶ M.O.V.E. for the Bariatric Client
- ▶ Balance and Fall Prevention Program
- ▶ Low Back Health Exercise Program
- ▶ Mindfulness for Stress Reduction

Pricing:

*\$25 a month

*additional payment options available

**First
2-Weeks
are FREE**



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www.wellness360fitness.com