

## INFORMATION & FEES

### Statement of Purpose:

This program will address the general needs of our clients to help maintain a high level of independence in the community setting. The focus will be to monitor and educate clients on self-management behaviors geared towards good health and wellness. After a rigorous treatment period, many of our patients look to continue on with their exercise regimen with continued monitoring by a professional. To support our patients after being discharged from therapy, our Wellness Program will assist individuals to:

- Continue maintaining or improve their physical functioning by:
  - Increasing Cardio-Vascular Endurance
  - Improving Flexibility
  - Strength Training
  - Muscular Toning
  - Educating on management of Osteoporosis
  - Decreasing Arthritic Pain
  - Back Protection Program
  - Balance Training
  - Minimizing soft tissue impairments
  - Nutrition Education
  - Joint Protection Education
  - Ergonomic Efficiency
- Enhance their quality of life and enjoy exercising
- Have access to the PTs and PTAs who were a part of their treatment program for questions and support
- Pay a nominal fee with no contracts or long-term commitments

### Fees:

**All services are self pay and fees are due the first of the month or before initiating any of the Wellness Program services.**

Initiation Fee: . . . . . \$125.00

Initiation fee is a one-time fee that includes:

- Comprehensive evaluation of medical history
- Initial Meeting to discuss goals and create an exercise flow sheet
- Follow-up meeting in a month to discuss progress

Initiation Fee for current ARTS patients being discharged: \$60.00

Initiation Fee for previous ARTS patients: \$80.00

Monthly Fee for Open Gym: . \$85.00

Fee for Personal Training Session: \$70.00

Discounted fee for 5 Personal Training Sessions: \$310.00

Fee for Massage Session:

30 minutes: \$65.00

60 minutes: \$110.00

90 minutes: \$150.00

### Classes

Yoga: One Class \$30.00

Yoga: Block of 5 classes: \$105.00

Fibromyalgia: Block of 3 classes: \$90.00

Osteoporosis: Block of 5 classes: \$105.00

Back School: \$80.00

**Pre-paid services are non-refundable and must be used within 3 months.**