

# WELLNESS PROGRAM

EVERYDAY HEALTH

Comprehensive preventive medical  
program for 40+ Woman of Substance



**IMPROVE YOUR BODY**

- Mass Index
- Strength
- Flexibility
- Posture
- Dietary Habits

**PROTECTS YOU FROM**

- Pain of Joints, Bones & Spine
- Osteoporosis
- Post - Menopausal Issues
- Cardiovascular Ailments
- Dementia

**PROGRAM DETAILS**

Wellness program over 6 months with flexibility to enter and exit at will.

Includes 48 visits to the Hospital for assessment, training, monitoring and guidance by team of doctors and healthcare & fitness professionals of national repute.

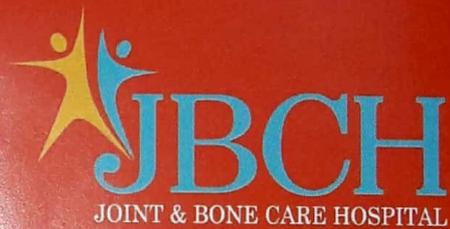
Group Training under expert guidance.

**OPTION TO PAY**

- 1) As you use basis - session by session
- 2) Discounted package payable in instalments including EMI
- 3) Care to Care package including motivation & diet - ₹7900
- 4) Moving Ahead package without motivation & diet - ₹7000

PROGRAM SCHEDULE	FEES
Physiological Assessment <small>*Initial registration fee of ₹100 applicable</small>	Free*
Orthopedic consultation	₹500
Strength Training & Fitness Drill (per group session)	₹200
Physiotherapy Sessions (if required)	₹150
Consultation with Dietary Expert	₹300
Motivational Therapy (if required)	₹500
Physiological Monitoring at end of 24 visits & end of program	Free
Final report & recommendation	Free

Joint & Bone Care Hospital  
(JBCH) at Salt Lake is the  
only Centre of Excellence  
of Orthopedic & Physical  
Medicine in Eastern India.



#### CONTACT US

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