

2 Month Wellness Program 1.0

1st April to 31st May 2022

ABOUT OUR 2 MONTH WELLNESS PROGRAM SPECIALLY CURATED FOR CLINICAL CONDITIONS:

The idea of the 2-month wellness program is to aid people in their journey towards a healthy lifestyle and manage the clinical conditions effectively without compromising on the quality of life.

Program features:

1st Session with Jhanvi – It will be a one-hour one on one call with Jhanvi

2 months - weekly follow up calls with Jhanvi's team (7 calls)

Monitoring of the blood parameters (condition specific)

Specially designed for-

Diabetes mellitus

Thyroid

Hormonal imbalances (PCOD, PCOS)

High Blood pressure

High cholesterol

Through the program, there will be a lot of nutrition education that will be a lifelong learning for you.

Program cost – Rs. 10,000

Best wishes for your fitness journey!

Jhanvi Kanakia Sanghvi & team.