

St. Mary's Wellness Center

Nutrition Services



with Registered Dietitian, Courtney Vickery

Private, one-on-one nutrition counseling either in person or via telephone

Nutrition Counseling Packages (*1 hour initial + 30 min follow ups)	Rates
1 hour Nutrition session	\$49
30 minute Nutrition session	\$25
3 pack*	\$95
6 pack*	\$160
12 pack*	\$300
24 pack*	\$600

Combine services to get a discount!

Nutrition + Personal Training Packages (1 hour)	Rates
1 Nutrition session + 1 Personal Training session	\$80
3 pack Nutrition* + 3 Personal Training sessions	\$249
Nutrition + Personal Training + Massage Packages (1 hour)	Rates
1 Nutrition session + 1 Personal Training Session + 1 massage	\$120
3 pack Nutrition* + 3 Personal Training Sessions + 1 massage	\$295

Call or email to schedule your appointment today!

cvickery@stmarysathens.org

706-389-3355

St. Mary's Wellness Center - 2470 Daniells Bridge Rd. #300 - Athens, GA 30606

Package Information

Nutrition Counseling Packages	<ul style="list-style-type: none">◆ One-on-one consultation with our Registered Dietitian either in person or via telephone. She will help you to achieve your nutrition related goals whether they be weight loss, disease related, or simply learning about new, healthy recipes.<ul style="list-style-type: none">◇ Single 1 hour or 30 minute session◇ Packages include: 1 hour initial consultation, followed by 30 minute follow up sessions
Nutrition + Personal Training Packages	<ul style="list-style-type: none">◆ Nutrition sessions (1 hour initial and 30 minute follow ups)◆ A session with one of our ACSM certified personal trainers to help you find the perfect exercises for you (1 hour)
Nutrition + Personal Training + Massage Packages	<ul style="list-style-type: none">◆ Nutrition sessions (1 hour initial, 30 minute follow ups)◆ Personal training sessions (1 hour)◆ Get a relaxing massage with one of our amazing massage therapists (1 hour)

Call or email to schedule your appointment today!

cvickery@stmarysathens.org

706-389-3355

St. Mary's Wellness Center - 2470 Daniells Bridge Rd. #300 - Athens, GA 30606