

Onna Lo M.D.

A Partnership to be *Happy, Healthy, Holistic*

1152 Solano Ave., #2B, Albany, CA 94706 www.OnnaLoMD.com Support@OnnaLoMD.com
510-747-9033

Packages for Health Coaching

Monthly a la carte (\$215 per month)

3 month Health Coach Program (\$591 one time or \$207 in 3 payments) ~~\$645~~ \$54 savings

6 month Health Coach Program (\$1080 one time or \$ 197 in 6 payments) ~~\$1290~~ \$210 savings

2 x 60 minutes in-person or by phone/video sessions per month

- Accountability and progress tracking of your goals
- Weekly email check-ins to keep you focused
- Relaxation training for greater daily ease and energy
- Support materials like recipes and handouts
- Grocery store education tour

*Availability for Video Conference, telephone calls or in person.