

Optimal Health and Wellness Center and Total Well-Being

The Optimal Health and Wellness Center offers women of all ages access to the tools to find Total Well-Being. By bringing together the priceless values of good nutrition, healthy activity, specialized medical resources and revitalizing complementary medicine services; we're redefining how women are making their own health a priority. Our Wellness Packages are a new approach to care that is designed to enhance a woman's overall physical and emotional health. We offer a comprehensive vision of the Total Well-Being Package or the option to customize a program just for you.

The \$150 Total Well-Being Package includes:

- 1-hour individual education session with a nurse specialist on maximizing your health and wellness leading up to midlife and beyond
- 30-minute consultation with a nutritionist
- 30-minute session with an exercise specialist
- 45-minute massage
- Valuable information about your personal Health Risk Assessment

Or, Customize a Package by Selecting from:

- **Personal consultations with a variety of wellness specialists including:**
 - Nutrition, Supplement and Diet Counseling
 - Exercise Specialist
 - Massage Therapist
 - Acupuncturist
 - Behavioral Health Specialist
- **Complementary medicine programs:**
 - Acupuncture
 - Massage
 - Craniosacral Therapy
- **Imaging Services:**
 - Screening Mammogram
 - Bone Density

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A Wellness Visit with a Women's Health Specialist – Take the Time!

Have you dreamed of spending a full hour with a knowledgeable medical practitioner to discuss any issue that concerns you about your health? Together you can sort out confusing issues and create an assessment of your present health status. In partnership, you will develop an individualized healthy living plan and a personalized health record. **This can be scheduled alone for a specific reason or in addition to the Total Well-Being Package.** This service may be covered by your insurance. When you make your appointment we can discuss the details.

For more information or to register for one of these packages, please call the Aurora Health Center at 262-670-4000.

