

**Your  
personalized  
plan for  
a healthier,  
better you.**



**Patient Centered Wellness**

**WELL+FIT**  
WELLNESS CENTER OF THIBODAUX REGIONAL

726 N Acadia Rd.  
Thibodaux, LA 70301  
985.493.4765

**WELL+FIT**  
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*Medically-Integrated*  
**Customized Plan For Improving  
Overall Health & Well-being**

## WellFit from the Wellness Center of Thibodaux Regional

integrates medical care with wellness to give you the highest quality, most active lifestyle possible. Starting with your provider's referral, you will receive a customized plan for improving your overall health and well-being.

Your customized WellFit plan will include nutrition and fitness education and unlimited access for the duration of your program to the Fitness Center of Thibodaux Regional.

The plan may also include physical therapy and behavioral health services.

WellFit strives to optimize your strengths while lowering your medical risks and is tailored to fit a variety of needs:

- Surgery
- Orthopaedics
- Cancer
- Heart
- Diabetes
- Spine
- Respiratory
- Function Fitness
- Rheumatology
- Chronic Pain
- Weight Management
- Mental Health

Program Cost: \$99 for 8 weeks.

Ask Your Physician About WellFit or Call: 985.493.4765.

### MASSAGE THERAPY

Massage is used for a variety of health-related purposes including relaxation and pain relief. Massage has been found to provide effective relief for conditions including arthritis, fibromyalgia, shoulder pain, low back pain, sports injuries and other forms of chronic pain as well as stress.

For Pricing and Scheduling: 985-493-4950.

### WELLNESS NUTRITION COUNSELING

Individual wellness/weight loss nutrition counseling with a registered dietitian is available without a physician referral. Options are available for 30 minute, 60 minute and multi-session packages.

Call the Wellness Education Center for Pricing or to Register: 985.493.4765.

### HEALTHY LIFESTYLES = WEIGHT MANAGEMENT SERIES

This 8-session weekly program teaches you to make changes in your lifestyle. Topics include the basics of weight loss such as meal planning, portion control, label-reading, and the importance of physical activity.

Program Cost is \$75. Call the Wellness Education Center to Register: 985.493.4765.

Get Unlimited Access to the Fitness Center for the Duration of Your Program.

For a Virtual Tour: [FitnessCenterofThibodauxRegional.com](http://FitnessCenterofThibodauxRegional.com).

