Your personalized plan for a healthier, better you.

Patient Centered Wellness™

WELL FIT

THIBODAUX REGIONAL WELLNESS CENTER

726 N Acadia Rd.
Thibodaux, LA 70301
985.493.4765

WELL FIT

Medically-Integrated

Customized Plan For Improving Overall Health & Well-being

Patient Centered Wellness™

WELLFIT

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WellFit from Thibodaux Regional Wellness Center

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 a fitness assessment, nutrition and fitness education and unlimited access for the duration of your program to the Thibodaux Regional Fitness Center.

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**
- **Functional Fitness**
- **Rheumatology**
- **Chronic Pain**
- **Weight/Lifestyle Management**
- **Mental Health**

Program Cost: $99 for 8 weeks.

Ask Your Physician About WellFit or Call: 985.493.4765.

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

For a Virtual Tour: FitnessCenterofThibodauxRegional.com.

Additional Services Available

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.