



Health Coaching

\$100 initial consultation | \$80 follow up
virtual telehealth or in-clinic

One-on-one sessions tailored to your health goals. Time includes a detailed assessment of health behaviors and joint goal setting to help you on your path.



LiveWell Membership

\$50/month

Membership includes: Use of the Jersey PT fitness space Mon-Fri 8am-9pm. Regular vital sign checks, health tips, and updates to your exercise program. "Quick access" consults for new musculoskeletal pain.



Speaking Engagements

Topics include: move, fuel, recover, endure, connect, and pain. Suitable for small to large audiences. Contact us for a quote.



Worksite Health Promotion and Injury Consults

Keep your employees healthy at work and engaged to help your bottom line. Contact us for a quote and to learn more.