

# Angel Song Health Counseling 6-Month Program Packages and Rates

## Package One

24 sessions (approx. 25 minutes each)  
Any of the following resources as needed:  
Books/Magazines/DVDs/CDs  
Healthy food samples  
Kitchen tools  
Easy, healthy recipes  
24-hour access by email  
As-needed check-ins by phone  
*Total Fee: \$1200*  
*Discount for Up-Front Payment: \$120*

## Package Two

24 sessions (approx. 25 minutes each)  
Any of the following resources as needed:  
Books/Magazines/DVDs/CDs  
Healthy food samples  
Kitchen tools  
Easy, healthy recipes  
24-hour access by email  
As-needed check-ins by phone  
One of each if desired/appropriate:  
Tour of grocery store near you  
Tour of health food store  
Cooking class in your kitchen  
*Total Fee: \$1500*  
*Discount for Up-Front Payment: \$150*

## Package Three: Pre-Natal Package

24 sessions (approx. 25 minutes each)  
Any of the following resources as needed:  
Books/Magazines/DVDs/CDs  
Healthy food samples  
Kitchen tools  
Easy, healthy recipes  
24-hour access by email  
As-needed check-ins by phone  
One of each if desired/appropriate:  
Tour of grocery store near you  
Tour of health food store  
Cooking class in your kitchen  
One Massage with Pre-Natal Massage Expert  
One Pre-Natal Yoga Class  
Support in choosing/registering for baby items  
Support in choosing birth team /birth location  
Introduction to mom/baby resources in your community  
Breastfeeding support groups  
Baby wearing support groups  
Social groups for mothers/families  
Holistic support groups for families  
*Total Fee: \$2000*  
*Discount for Up-Front Payment: \$200*

## Package Four: Family Package

24 sessions (approx. 25 minutes each)  
Spouse is invited to join 2 /month  
Any of the following resources as needed:  
Books/Magazines/DVDs/CDs  
Healthy food samples  
Kitchen tools  
Easy, healthy recipes  
24-hour access by email  
As-needed check-ins by phone  
One of each if desired/appropriate:  
Tour of grocery store near you  
Tour of health food store  
Family-Friendly Cooking class One  
Massage or acupuncture session  
One Yoga Class  
Support in choosing holistic practitioners for your family  
Tools & tips for getting your family involved in cooking & shopping  
Introduction to mom/family resources in your community  
Breastfeeding support groups  
Baby wearing support groups  
Social groups for mothers/families  
Holistic support groups for families  
Playgroups and family facilities  
*Total Fee: \$2300*  
*Discount for Up-Front Payment: \$230*

The logo for Angel Song Health, featuring the text "Angel Song Health" in a white, cursive font on a red rectangular background.

**To Register for one of these packages or for more information,  
Call Megan at 917-697-3618 or email [megan@angelsonghealth.com](mailto:megan@angelsonghealth.com)**

***Please note:***

*Sessions occur weekly and will be via phone on a regular schedule unless noted otherwise.  
For financial assistance, fees may be submitted by payment plan. Ask for plan details.  
Payment plans are not eligible for "Up-Front Payment" discount.*