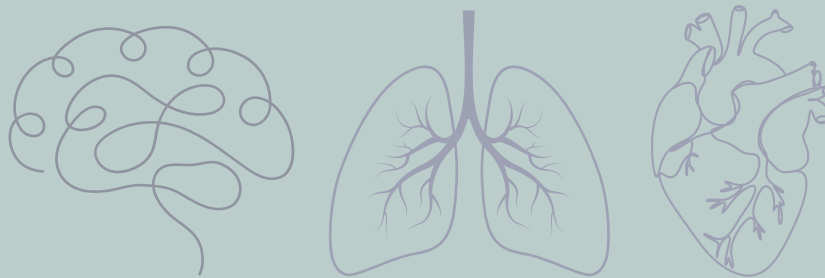


# REFRESH

*Custom Therapeutics*

**SERVICES AND PRICING GUIDE**





# Hello there!

Welcome to a new world of Corporate Wellness. We believe that mental, physical, and emotional wellness are all intricately connected. So, rather than taking a one-size-fits-all approach, we have designed a wellness program which addresses every pillar of wellbeing.

Occupational Therapy (OT) assesses personal roles, routines, and habits to determine the unique health fingerprint of each individual. Refresh Custom Therapeutics utilizes personalized assessments and intervention protocols backed by research to meet each individual's health needs. Beyond the individual, all packages include assessments of the workplace environment and tips to improve the spacial, social, and cultural atmosphere of the workplace.



*Love, Alia*

# About Alia

**Meet Alia: founder and proprietor of Refresh Custom Therapeutics. Alia is a bilingual Occupational Therapist with a distinctive approach to wellness. Alia's mission is to empower organizations and individuals by creating unique wellness programming in which no element of health is left behind. Alia's offerings are informed by 8+ years of professional work in the wellness industry and include a foundation of yoga, mindfulness, physical fitness, stress reduction, ergonomic evaluation, and more.**

**Alia is a certified yoga instructor, personal trainer, and corrective exercise specialist, offering services in both English and Spanish. She has been working consistently with clients for 6+ years and has been leading corporate and private group workshops for nearly a decade. She received her doctorate in Occupational Therapy from Thomas Jefferson University in May 2023.**

**Alia crafts tailored wellness programs for hospitals and corporations, integrating Occupational Therapy, posture improvement, yoga, personalized exercises, and stress reduction. This unique combination of healthcare + wellness is sure to optimize the wellbeing of your company unlike any other corporate offering.**



*“ There are so many dimensions to our health. We often compartmentalize them- you see many programs to address physical fitness, programs to address mental health, but these approaches should not exist in isolation. I want to create a program that meets people where they are and addresses every element of their health.”*



# Why is Corporate Wellness So Important?

**92%**

of workers said it is important to them to work for an organization that values their emotional and psychological well-being

**6:1 ROI**

is what companies that provide wellness programs see, including reduced medical/health care costs and lower absenteeism rates

**84%**

of employers reported higher productivity and performance from their employees due to wellness plans in 2019

**72%**

of employers saw a reduction in healthcare costs after implementing a wellness program

**87%**

of employees consider health and wellness offerings when choosing an employer



# Why Choose Refresh?

"Alia listens, and is able to come up with great solutions to any problem you're facing. I am much healthier and stronger because of her training."  
-Carla S.

**Wellness-focused Occupational Therapy utilizes assessments and intervention protocols to thoroughly assess the unique needs of your team and environment before implementing a program.**

**With no pillar of health left behind, this program combines the therapeutic benefits of an employee exercise program, meditation, health coaching services, counseling services, and more...all in one.**

**Alia's unique blend of disciplines and experience is guaranteed to implement effective responses to stress and fatigue while maintaining optimal employee relationships.**

"[Alia] always tries to challenge me to help me grow, but is always mindful of what my body needs, instead of a one size fits all approach."  
-Krithika C.



# How It Works



01

## DETERMINE YOUR GOAL

Choose the primary area of focus of your corporate wellness programming based on your team's specific needs. See the following page for recommended goal options..

02

## SELECT YOUR PACKAGE

Choose from several customizable package options to determine which offering is best suited for your company. See the following pages for all package options.

03

## BOOK A FREE CONSULTATION SESSION

All initial consultation sessions are free! Learn more about Refresh Custom Therapeutics and have a conversation to determine whether your company is the right fit. If you are unsure of which goal or package to choose, let's discuss!

**[BOOK YOUR FREE CONSULTATION SESSION NOW!](#)**



# Determine Your Goal

## 01 POSTURE REFRESH

Mitigate back and neck pain in full-time employees through postural readjustment.



## 02 STRESS MANAGEMENT REFRESH

Limit employee burnout through efficient stress management techniques.



## 03 ERGONOMICS REFRESH

Prevent repetitive injuries in the workplace through ergonomic assessment and adaptation.



**[BOOK YOUR FREE CONSULTATION SESSION NOW!](#)**



# Select Your Package

## 01 Masterclass

Learn the fundamentals of Occupational Wellness through an informative and interactive workshop. All participants will receive personalized and directly applicable tips for mitigating work-related stress and fatigue. Masterclasses may be held in-person or virtually via your team's preferred platform.

### WHAT YOU'LL GET

- ✓ One interactive live masterclass for your team of up to 30 employees
- ✓ A series of exercises and stretches to mitigate and prevent back, neck, and wrist pain at work
- ✓ Guided breath practice to reduce heightened nervous system responses to workplace-related stress.
- ✓ Environmental assessment and modification including ergonomic evaluation, spatial redesign, and sociocultural evaluation.

### YOUR INVESTMENT

ONE MASTERCLASS	\$300
FIVE MASTERCLASSES	\$1,250
TEN MASTERCLASSES	\$2,000

PRICES REFLECT ONE 60-MINUTE MASTERCLASS  
30 MINUTE OPTIONS AVAILABLE

**[BOOK YOUR FREE CONSULTATION SESSION NOW!](#)**





# Select Your Package

## 02 Self-Paced Digital Course

The self-paced digital course package is our most flexible and dynamic offering. This package includes a comprehensive set of wellness resources including a video library and individualized handouts. All resources can be used and reviewed at your leisure for both group and individual programming.

### WHAT YOU'LL GET

- ✓ A complete video library of 10+ classes designed to mitigate back, neck, and wrist pain in full-time employees who sit at a desk 5 days a week.
- ✓ A set of 5+ pdf handouts with effective breath techniques to use to reduce heightened nervous system responses to work-related stress.
- ✓ Completely self-paced, adapt the programming to your timing and re-watch and utilize videos as often as you'd like.

### YOUR INVESTMENT

DIGITAL COURSE

\$1,000

**[BOOK YOUR FREE CONSULTATION SESSION NOW!](#)**



# Select Your Package

## 03 Refresh Ultimate Coaching

1 month of exclusive 1:1 live Occupational Therapy Sessions for up to 20 employees. All sessions may be held in-person or virtually via your team's preferred platform.

\*\*\*EDIT - make this sound more appealing. Sell this with words!

### WHAT YOU'LL GET

- ✓ The most comprehensive and inclusive way to directly improve the health of your employees \*\*EDIT --SPECIFIC -- HOW?
- ✓ 1:1 sessions for up to 20 employees which include formal Occupational Therapy Assessments and Evaluations, followed by individualized wellness programming.
- ✓ All sessions combine techniques of Occupational Therapy, coaching, mindfulness training, yoga, and corrective exercise.

### YOUR INVESTMENT

DIGITAL COURSE

\$10,000

TOTAL VALUE: \$36,000

**BOOK YOUR FREE CONSULTATION SESSION NOW!**



# Refresh Ultimate Coaching

## How it works

### **Employees Book at Their Convenience**

Each employee included in the package has an allotment of one 1:1 session per week. Employees utilize scheduling software to schedule sessions at their convenience with no need for coordination from management.

### **Individualized Occupational Therapy Assessments**

All 1:1 sessions will begin with standardized OT Assessments to set personalized goals and guide efficient and measurable interventions.

### **Personalized Wellness Programming for Each Employee**

Employees will receive wellness programming which is completely unique to their personal goals and needs. No two people are the same, so no two programs are the same!

**[BOOK YOUR FREE CONSULTATION SESSION NOW!](#)**

# Testimonials

## Katy A.

There is nothing Alia cannot do remarkably well- she has a gift for watching subtle shifts of movement, for training you in a detailed and supportive fashion. She connects so directly and immediately with your physical issues- I worked with her during covid and she was fabulous, catering to a difficult hip and some other autoimmune issues. She is more than knowledgeable- she is intuitive . She listens and remembers all your body's particular needs,

## Jessica F.

I worked with Alia during a serious illness and have kept up since my recovery, always over Zoom. She is a terrific listener, has deep knowledge, and really inspires me to push myself in a safe way. She has improved my form, and in consequence I now see results a lot faster.

I look forward to our sessions so much that my husband wanted in, and now we do a private yoga class together with her one a week. If you are looking for help overcoming a particular physical challenge, or just want to build strength and flexibility and deepen your knowledge of your own body, look no further.

## Carla S.

I trained with Alia Boynton for several years in person and, since her move to Philly, I currently work with her via Zoom. She guided me through my experience with frozen shoulder, and was far more useful (and knowledgeable) than the physical therapy team. Alia listens, and is able to come up with great solutions to any problem you're facing. I am much healthier and stronger because of her training.

Highly recommend.

# Testimonials

## Michael K.

Alia was absolutely wonderful and a joy to work with. She is very personable and was accommodating when trying to book a session with my busy schedule. Not only was She patient and understanding with my condition and what I wanted out of our session together, She was attentive and thorough in her approach to figuring out exactly what I needed for my specific issues and my goals to improve on them. She is extremely knowledgeable and helped give me a much better understanding of my recent injury(dislocated shoulder)and an action plan to remedy it and get back working 100%. She really knows hers stuff and after just a few short weeks I'm almost back to full strength and mobility in my shoulder. Alia's help has worked wonders for me and I would definitely recommend her to anyone looking to improve their physical and mental health. You can't go wrong with her!

## Krithika C.

I have been working with Alia since Jan 2021. I was referred to her by my partner who has also been working with her for over two years.

I'll start off by saying that Alia is one of the nicest, most professional people I've worked with in my fitness journey. While I have taken several group fitness classes and workout sessions, nothing comes close to the experience I've had with Alia purely based on the progress I've made. After a break for more than 1.5 years, working out with Alia has helped me get stronger and fitter. She always tries to challenge me to help me grow, but is always mindful of what my body needs, instead of a one size fits all approach. Alia is positive and encouraging, and creates a safe space for me to grow while working on my fitness. So glad to be working with you, thanks Alia!

# Testimonials

## Shiksha G.

I've been training with Alia for over two years now. Since then, I've seen my body and general health improve overtime and I feel stronger. I used to face multiple issues with my back due to my condition and Alia's exercises have helped me lead a normal life. I used to hate working out but after her I look forward to my sessions. I trust her completely with my body. She's just a great person to know in general and she's kind, understanding and has a really positive vibe around her. I feel incredibly lucky to have found her, and my partner has also started taking her sessions since last year.

## Lisa M.

Alia is truly amazing! I have been working with Alia for over four years now and can't rave enough about how much she has helped me in so many ways! I would highly recommend her!



# Let's Get Started!

[SCHEDULE A CALL](#)

[LEARN MORE](#)

Schedule your first free consultation today. This is a collaborative effort! We will work together to determine which goal is an ideal fit for your team, and which package will best address your organization's needs. I am here to answer any and all questions, and am dedicated to optimizing the health and wellbeing of your team!

*Love, Alia*



alia@refreshtherapeutics.com  
www.refreshtherapeutics.com