



## Janice Cohen Nutrition Services Official Pricelist

Janice Cohen's nutrition practice includes both individual and corporate programs, tailor-made to meet specific needs and criteria. Here you will find a brief description of each program and service offered, their duration and respective price. Package discounts are available upon request.

### I. Individual Programs

#### 1. Personal Success Program

The Personal Success Program is aimed at individuals who wish to change their eating habits and solve a particular problem of their concern, be it a psychological, health, or physical one. The program consists of:

- One initial visit – duration between 45 and 70 minutes. During this visit a detailed examination of client is made, taking into consideration all relevant information – digestive issues, medications, surgeries, food allergies and intolerances, weight history, family medical history and past/ current medical issues. Next, a nutrition assessment is made in consideration with client's goals, likes and dislikes, food and physical activity, personal and professional schedule, family dynamics, stress factors, eating habits, and readiness for change. Finally, a meal plan is devised and specific goals are set.
- 6 follow-up visits – duration of each one between 20 and 30 minutes. First 3 follow ups to be conducted on a weekly basis, the rest are done on a bi-weekly basis. During these sessions the patient's food journal is examined, progress is being registered, and any issues are being answered.

Program price – \$330.00

On-site or home-conducted – \$535.00

Virtually conducted – \$230.00

## 2. Family Success Program

The Family Success Program is aimed at couples with or without children who wish to change their family diet with or without certain medical indicators. It is suitable for spouses who have decided they want to alter their eating habits together, supporting and sharing with each other the experience that will improve their overall lifestyle. Children (aged 10 to 18 years) are welcome to be included as well since they have their own specific nutrition needs. The program consists of:

- One initial visit for each participant – duration between 60 and 75 minutes per individual. Same methodology as in the Personal Success Program is applied for each family participant separately.
- 4 follow-up visits – duration of each one between 30 and 40 minutes. First 2 follow ups to be conducted on a weekly basis separately for each family member (30-40 minutes per case), the rest are done on a combined bi-weekly basis (30-40 minutes total for all program participants with 15-or-10-minute consultation per individual). Same methodology as in the Personal Success Program is applied for each family participant.

Program prices:

<b>Family Success Program</b>	<b>In Clinic</b>	<b>At Home</b>	<b>Virtual Consulting</b>
Couples	\$490,00	\$800,00	\$350,00
Couple + 1 child	\$700,00	\$1 130,00	\$500,00
Couple + 2 children	\$870,00	\$1 400,00	\$600,00

For each additional family participant – \$150.00

## 3. Children Success Program

As an experienced professional, Janice Cohen is well aware that small children between the ages of 2 and 9 have very distinctive and specific to their group nutrition-related problems. They are mainly caused by outside influences (peers, media, society, etc.) and the inability

of the child to make the right nutrition choices. Problems find their actual expression in refusals to intake proper food like vegetables, throwing away lunches or trading them for lower-quality food, and many other forms which almost every parent has encountered. That is why we designed our special Children Success Program to tackle these issues and to teach small children how to make successful nutrition decisions, make sure they have a positive body image and confidence to bring them into young adulthood. The program includes two children aged between 2 and 9 years, siblings or not, and consists of:

- One initial visit for each child – duration of 60 minutes per patient. A special pediatric methodology is applied when examining each child and determining the exact individual problems and needs.
- One follow-up visit for each child – duration of 30 minutes per patient.
- Two combined follow-up visits for both children – duration of 30 minutes each (15 minutes per child per combined visit).

Program price – \$380.00

On-site or home conducted – \$580.00

Virtual counseling – not applicable due to the specifics of pediatric nutrition treatment

#### 4. Future Mom Program

As the title suggests, this program is aimed at women who plan to get pregnant, are in the process of carrying a child, or expect delivery soon. It encompasses major issues like nutrition and physical activity before, during, and after pregnancy period. Its major goal is to prepare future moms for the challenge that lays ahead by providing them with the right eating habits that will ensure the health, energy, good looks, and well-being not only for the mother, but for the baby as well. The program consists of:

- One initial visit – duration between 45 and 60 minutes. Same methodology as in the Personal Success Program is applied with specific baby-expectation focus.
- 6 Follow-up visits – duration of each one between 20 and 30 minutes. Depending on the exact time when the program starts, sessions are scheduled to cover the whole period of preparation, pregnancy, and post-delivery.

Program price – \$300.00

On-site or home-conducted – \$500.00

Virtually conducted – \$230.00

## 5. Other individual services

- Private Counseling in clinic:

Initial visit (60 minutes) – \$90.00  
Follow-up visit (30 minutes) – \$50.00

- Home Counseling:

Initial visit (60 minutes) – \$150.00  
Follow-up visit (30 minutes) – \$80.00  
*(travel time included)*

- Grocery Store Tour:

60 minutes – \$20.00/ person  
*(group of minimum 5 participants)*

- Virtual Counseling:

Initial session (60 minutes) – \$60.00  
Follow-up session (30 minutes) – \$35.00  
*(via phone, Skype, or other long-distance means)*

## II. **Corporate Programs**

Material and travel time in Montreal included, exceptions may apply. Out of town companies can be accommodated.

### 1. Theme days

Organization of “Nutrition Month” or “Heart Health Month” or other specific theme. Includes nutrition booths, group lectures, product comparison tables, workshops, and weight loss groups. “Biggest loser” competitions can be additionally organized.

Prices:

60 minutes – \$225.00  
3 hours – \$450.00 (\$150.00/ hour)  
6 hours – \$750.00 (\$125.00/ hour)

## 2. Speed consulting

Company employees sign up for brief individual nutrition sessions, each one with duration up to 20 minutes. Sessions to be executed by preliminary schedule.

Prices:

2 hours – \$340.00 (\$170.00/ hour)
4 hours – \$600.00 (\$150.00/ hour)
6 hours – \$750.00 (\$125.00/ hour)
8 hours – \$920.00 (\$115.00/ hour)

## 3. On-site counseling

Individual counseling regular sessions as per Individual Success Program description. Sessions to be executed by preliminary sign-up schedule. Price – as per Private Counseling in clinic.

## 4. Other corporate services – lectures, seminars, discussions, workshops, etc. (applicable for schools, communities, libraries, hospitals, religious groups, etc.)

Price: \$90.00/ hour

If you have a specific enquiry or wish to receive more information, please do not hesitate to contact us:

**Janice Cohen, R.D.**

T: 514-758-5161

E-mail: [janice@nutritionist911.com](mailto:janice@nutritionist911.com)