Recovery Program

For individuals in recovery from addiction disorders, diet and exercise play important roles in restoring clarity, structure, health and balance in life.

Referral from MUSC CDAP is required except for MUSC students.

**Fees:**
- Wellness Center Member $50
- Wellness Center Non-Member $99
- MUSC Students $35

**Program session:** 4 weeks  This program is limited to one session per person.

**Program includes:** InBody testing with personal exercise and nutrition consultation/goal setting

Exercise and nutrition support through consultations, program design, and email communication