

28 BASIC WELLNESS PROGRAMS

1. Acute Injury
2. Back Pain
3. Bone Injury
4. Common Cold
5. Elbow Support
6. Emotional Support
7. Fatigue
8. Feel Better
9. Feminine Wellness
10. Gastrointestinal Support
11. Headache
12. Heart Support
13. Hip Support
14. Insect Bites
15. Itching
16. Knee Support
17. Low Back
18. Lung Support
19. Neck
20. Pancreas Support
21. Relaxation/Stress Management
22. Shoulder Support
23. Sleep 1
24. Sleep 2
25. Sleep 3
26. Weight Management
27. Workout Recovery
28. Wrist Support