



## Mental health and sleep quality

packages

**650 PLN**

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We have prepared a mental health package for people who experience sleep problems, feel overwhelmed by stressful situations or too many duties. This can affect not only your well-being but your overall health. Chronic stress weakens your immune system and leads to many lifestyle diseases.

We have created unique consultations with specialists who will help you regain a sense of control over your life.

- consultation with our psychiatrist - specialist in sleep disorders (45min)
- consultation with our psychologist (45min)
- assessment of health predispositions

**longevity**  
CENTER