

## **Anxiety/ Depression Relief Program Estimated Cost**

The Anxiety/ Depression Relief Program is very similar to the Diabetes Undone program in regards to costs. It too can have a range of costs as well as it can be funded in the same ways. After the basic costs involved with the program are explained, we will then lay out the main ways that it can be funded.

### **FEES/EXPENSES:**

- 1) **\$99.00** This fee is charged to the facilitator for each Anxiety/ Depression Relief Program that is hosted. This fee is charged by Life and Health Network that has the rights to the Anxiety/ Depression Relief Program. The fee allows the facilitators to access the website for the purpose of setting up the advertising products, using the actual ADR videos that are accessible from the starting date of the program, and a large amount of other downloadable information and videos.
- 2) **\$49.00** This is the cost for each participants kit from Life and Health Network. The basic participant kit consists of a full color Workbook and Journal that the participant will use each night of the program as well as at home. There is also a full color Cookbook. Participants also receive a DVD of the 8 Natural laws of health.
- 3) **???** Advertising is an area that depends on many variables. We can not give a cost on advertising because there is no set amount of advertising and no set type of advertising. We do supply all the print ready advertising for bulletins, flyers, window postings, banners and even radio and newspaper inserts.
- 4) **???** Normally there are several Door Prize Drawings that are done each night. Determining the cost of the Door Prizes is not possible. Many can be donated, hand made or purchased, or in some cases, Door Prize Drawings are not done.

### **FUNDING:**

- 1) **\$99.00** The \$99.00 fee can either be absorbed by the hosting facility in an attempt to keep the Participant cost lower, or it can be divided by a certain number of participants, say 10, at which point, an additional \$10.00 is added to the Participants cost that they pay.
- 2) **\$49.00** The \$49.00 basic participant Kit gets charged to the participant.

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- 3) The advertising and door prize costs are variables that the hosting facility has to determine how much and how they will perform these so that they can determine the budgetary costs on this.
- 4) Donations for the program. Any time that you can receive donations that are specifically for an Anxiety/ Depression Relief Program or any health program, you can have a lot more room for deciding participant costs.
- 5) Donation Box: We always have a donation box up front in plain view during the meetings. We will ask people to help with covering extra costs this way.

We have found in all the programs that we have done thus far, That we would charge each participant \$65.00 and that would cover the participant kit with a little extra. Normally the church covers the \$99.00 Anxiety/ Depression Relief Program fee, and the door prizes as well are normally covered by the church or donated by members of the hosting facility. We have also found that giving a program like this for free seems to lower the perceived value of in the publics eye. If it's free it is not worth much seems to be the mind set. When a person pays for it, they are investing in their health and 9 times out of 10, they have a so called vested interest in it and they want to be there.

Another great idea is to petition members of the hosting facility, asking them if anyone would be willing to sponsor an individual who needs the program but can not afford it. This way, members of the hosting facility are helping in the program in the background and you are able to help those in need by having a sponsorship program. A win-win situation.