

# Wellness Program

## Park Avenue Center



*Pointing the Way*

**Sound mind.  
Sound body.  
Right time.**

**925 Park Avenue, 1B  
New York, NY 10028  
(212) 737-3007**

The Park Avenue Center for Wellness offers a comprehensive Program for obtaining greater healthful success through more balance and fulfillment in your life.

Our approach involves a unique, goal-oriented Program employing the most effective methods and techniques. We emphasize personal growth, self-improvement, and long-term change in achieving your personal aims.

The initial evaluation consists of a private consultation with a Wellness Specialist to assess strengths and consider areas for improvement. The meeting lasts about an hour.

Our Wellness Program tailors an individual or group experience to your own personal interests and needs. Groups generally meet weekly or monthly but intensive seminars are available. Private sessions and workshops can also be arranged.

### **12 Steps to Wellness**

Each module, as listed below, centers on a subject essential to healthful success. Meetings are in small groups of 8 to 10 people and last about 90 minutes. Dr. Friedberg and Dr. Levy have over 40 years of shared professional experience.

1. Learning & Self-improvement
2. Life & its Seasons
3. Goals, Aims & Dreams
4. Oneself & Others
5. Stress & Balance
6. Diet & Nutrition
7. Exercise & Fitness
8. Sex & Love
9. Work
10. Money, Power & Success
11. Aging & Purpose
12. Practice & Continuity

Cost: The Wellness Program costs \$3000 and can be paid in installments. Pricing for more individualized Programs is available on request.

# Park Avenue Center



*Pointing the Way*

**Sound mind.  
Sound body.  
Right time.**

**925 Park Avenue, 1B  
New York, NY 10028  
(212) 737-3007**

## Directors

### Ahron Friedberg, MD

Dr. Ahron Friedberg is Founding Director of the Park Avenue Center. He is a psychoanalytically-trained psychiatrist in private practice with over 20 years experience. Dr. Friedberg is served as President of the American Society of Psychoanalytic Physicians and is affiliated with Mount Sinai Medical Center. He is co-author of *Between Us: A Father and Son Speak, Love's Way*, and other publications. He has appeared as an expert on CNN and Fox 5 and been cited in the Wall Street Journal.

### Albert Levy, MD

Dr. Albert Levy is a renowned physician in private practice on Park Avenue. He holds academic appointments at the Mount Sinai School of Medicine, New York Medical College and Albert Einstein College of Medicine. He is certified by the American Board of Family Practice with a Certificate in Geriatric Medicine. Dr. Levy is a leader in the field of international family medicine. He has appeared on the Today Show, ABC America, Fox News and serves as a medical consultant to several international TV and radio networks. For several consecutive years, Dr Levy has featured on the list of *Who's Who in America and the World* as well as the *Castle Connolly, Town & Country* and *New York Magazine Top Family Doctors*.

### Staff

Our staff consists of well-trained, licensed, and caring professionals. If we are unable to accommodate you, we will try to make a referral best suited for your needs.

### Appointments

Scheduled by request.  
Phone (212) 737-3007  
Email [ahronfriedbergmd@gmail.com](mailto:ahronfriedbergmd@gmail.com)