

Dear Healthcare Providers,

Your patient _____ is seeking a referral for Common Ground Healing Arts. Common Ground is a nonprofit wellness center in downtown Charlottesville. Our mission is to make therapeutic massage, community acupuncture, yoga and meditation more affordable and accessible. We are currently transitioning from an income based sliding scale to a more empowering Pay-What-You-Can fee structure.

Drop-in Yoga Classes <i>Pay-What-You-Can \$5-\$15</i>	Meditation <i>Offered by Donation</i>
6 Week Yoga Class Series <i>Pay-What-You-Can \$30-\$120</i>	Community Acupuncture <i>Pay-What-You-Can \$20-\$60</i> <i>There is an additional \$15 one-time consultation for the first session</i>
60 Minute Massage <i>Pay-What-You-Can \$60-\$100</i>	

With YOUR referral, your patients will have access to lower price options allowing them to visit as often as needed for optimum healing or as a component of their preventative care. Massage will be the first service offered at a lower price point with a referral: Pay-What-You-Can \$40-\$100.

Why are we doing this? The National Institute of Health's National Center for Complementary and Alternative Medicine has identified MASSAGE as the MOST EFFECTIVE, evidence-based complementary medicine in America. Massage therapy can relieve pain, increase blood circulation and reduce blood pressure while promoting relaxation and decreasing symptoms of stress and anxiety. It has also been shown to boost immune system function and positively impact a wide variety of other ailments including hypertension, headaches, tendinitis, carpal tunnel syndrome, fibromyalgia and more.

Common Ground believes that strengthening the relationship between Western medicine complementary medicine hugely benefits your patients.

How to refer your patient? Fill out the attached sheet, and return it to your patient.

How to refer future patients? You can find additional forms on our website: commongroundville.org/referral

We welcome and encourage you to refer as many patients as you are able! Please feel very welcome to reach out with any questions.

Sincerely,

Megan Bloom

On Behalf of Board of Directors



Patient Referral Form

Patient Information

Name:	Birthday:
Email Address:	Phone:

Healthcare Provider Information

Name of Practice:	
Provider Name (Print):	Phone:
Signature:	Date:

Thank you for referring your patient to Common Ground!

Info about Common Ground

Common Ground Healing Arts is C-ville's community-driven nonprofit wellness center. We offer acupuncture, yoga, massage and meditation... affordably. Our mission is to make these services more accessible so everyone can receive the health benefits they provide. Check out our schedule online at commongroundcville.org.

Schedule your appointment at Common Ground:

- online: commongroundcville.org
- by phone: 434.218.7677
- or in person: Jefferson School City Center; 233 4th St NW, Suite 219

Please arrive 15 minutes early for your first appointment.

With this referral, you have access to lower pay-what-you-can pricing. Here is the current fee structure.
Prices are subject to change without notice at any time.

Drop-in Yoga Classes

Pay-What-You-Can \$5-\$15

6 Week Yoga Class Series

Pay-What-You-Can \$30-\$120

60 Minute Massage

Pay-What-You-Can \$40-\$100

Meditation

Offered by Donation

Community Acupuncture

Pay-What-You-Can \$20-\$60

There is an additional \$15 one-time consultation for your first session.

