



Healthy Living Center

Live Healthier. Feel Better.

Helping you improve your health by making meaningful and lasting changes is what the new Healthy Living Center is all about. The Center opened its doors in January and is now accepting program participants.

We are co-located with the Center for Community Health at 46 Prince Street, and offer programs for those who want to make healthy lifestyle changes. Through individual counseling and/or group support, the Center can help you prevent diabetes, enhance physical activity, improve diet and nutrition, eliminate exposure to tobacco, increase medication adherence, and reduce stress.

The physicians, nurses, dietitians, and counselors at the Healthy Living Center will use proven strategies to help you start and stay on track to improve your health. Our experienced team will be there to support and guide you. Our focus is on helping you discover your own personal desire to make healthy changes in your life. **We will work with you in person (one-on-one) and in small groups to:**

Prevent diabetes

Diabetes is a serious disease. Did you know that one in five adults is at risk for diabetes? Our Diabetes Prevention Program (DPP) is here to help people who have been diagnosed with pre-diabetes. The DPP is a lifestyle intervention program, which is offered on an individual basis or in small group sessions. This 24-week program includes weekly nutrition workshops in our on-site teaching kitchen. Participants will learn about what contributes to and gets in the way of behavior change, healthy eating at home and in restaurants, being active as a way of life, stress management, and how to stay motivated.

Improve your eating habits and increase physical activity

Eating well and being physically active are keys to a healthy lifestyle. If you have questions regarding your diet and would benefit from individual counseling regarding your eating habits and physical activity, our Registered Dietitian (RD) can help. She is a nutrition expert, who can help people with nutrition-related concerns about diabetes, colitis, hyperlipidemia, celiac disease, weight management and other issues. A one-on-one consultation with our RD includes a comprehensive nutrition assessment, an individualized nutrition plan, and methods to monitor and evaluate your progress to help you stay on track.

Understand how tobacco affects your health and stop smoking, if you wish

People who stop using tobacco enjoy immediate and substantial health benefits. Our Tobacco Dependence Program is designed to help those who smoke improve their health, regardless of their desire to stop. Individual counseling is provided, and a treatment plan typically includes four contacts (by phone or in person) with our tobacco dependence counselors and two visits with our medical staff. Our proven approach focuses on a patient's experience of stopping tobacco use, management of withdrawal symptoms, assessment of medication options, relapse prevention, and ongoing support.

Manage your stress

If managing the multiple demands on your time and simply getting through your day has become a challenge, stress management may be in order. Our six-week stress reduction program helps participants handle stressful events in ways that result in more balance, stability, and personal satisfaction. Our program is called Mindfulness-Based Stress Reduction, and it cultivates mindfulness (moment-to-moment, non-judgmental awareness), which helps people respond to stress with more clarity and wisdom. The program is taught by a physician who has studied stress and led stress-reduction workshops for over 10 years.

The Healthy Living Center is led by Nancy M Bennett, MD, MS, Director of the Center for Community Health of the University of Rochester Medical Center. Geoffrey Williams, MD, PhD, a physician and health psychologist, is the Director of the Healthy Living Center. We are conveniently located at 46 Prince Street, just around the corner from the Memorial Art Gallery. There is plenty of free parking and the facility is fully accessible.

For more information about the Healthy Living Center and its programs, please call the Healthy Living Center at (585) 530-2050.