

Lifestyle Management Programs

January 2018

Group Programs

NEW! Fitness 101: Get Started	5 one-hour group sessions		
	Tues, Jan 23	12:30 – 1:30 p.m.	Saunders
	Mon, Jan 29	12:00 – 1:00 p.m.	Medical Center
NEW! Nutrition Basics	5 one-hour group sessions		
	Thurs, Jan 25	4:30 – 5:30 p.m.	Medical Center
Weight Loss:	18 one-hour group, 6 individual sessions		
	Thurs, Jan 25	12:00 – 1:00 p.m.	Saunders
	Tues, Jan 30	4:30 – 5:30 p.m.	URMC Imaging
Mindfulness-Based Stress Reduction:	6 two-hour group sessions		
	Wed, Jan 10	6:00 – 8:30 p.m.	Prince Street

Individual Programs

Appointments available at Clinton Crossings, Medical Center, Saunders Research Building, Prince St., or via telehealth*

NEW! Fitness 201: Get Stronger	6 sessions over 6 weeks with a certified personal training (in-person at Prince St. and Saunders only, pre-requisite: Fitness 101)
NEW! Nutrition & You	3 visits over 3 months with a registered dietitian
Cholesterol Management:	3 visits over 3 months with a registered dietitian
Blood Pressure Management:	3 visits over 3 months with a registered dietitian
Tobacco Dependence:	6 visits with a tobacco counselor (in-person at Prince St. only, or via telehealth)

To get started, please call **(585) 530-2050** or email URWell.Lifestyle@urmc.rochester.edu.

*Lifestyle management programs for Nutrition, Cholesterol and Blood Pressure Management, and Tobacco Dependence are available via telehealth through ZOOM—a secure, web-based video conferencing tool. To use ZOOM, you must have access to a smartphone, tablet, or webcam-capable computer.