

## Lifestyle Management Programs

April – May 2018

### Group Programs

**NEW!** Fitness 101: Get Started

**5 one-hour group sessions**

Tues, Apr 10	4:30 – 5:30 p.m.	Medical Center
Wed, May 2	12:00 – 1:00 p.m.	Rochester Tech Park
Wed, May 30	12:00 – 1:00 p.m.	River Campus UHS

**NEW!** Nutrition Basics

**5 one-hour group sessions**

Tues, Apr 10	5:30 – 6:30 p.m.	Healthy Living Center
Mon, Apr 23	4:30 – 5:30 p.m.	Medical Center
Wed, May 2	12:00 – 1:00 p.m.	Mt. Hope Family Center
Tues, May 29	12:00 – 1:00 p.m.	Saunders
Thurs, May 31	12:00 – 1:00 p.m.	Medical Center <b>MEN ONLY</b>

**Weight Loss**

**18 one-hour group, 6 individual sessions**

Mon, Apr 23	5:30 – 6:30 p.m.	Healthy Living Center
Thurs, Apr 26	12:30 – 1:30 p.m.	Saunders

### 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 trainer  
(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](mailto: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.