

Lifestyle Management Programs

March – April 2018

Group Programs

NEW! Fitness 101: Get Started

5 one-hour group sessions

Tues, Mar 6	12:00 – 1:00 p.m.	Brooks Landing
Wed, Mar 14	12:00 – 1:00 p.m.	Helen Wood Hall
Tues, Apr 10	4:30 – 5:30 p.m.	Medical Center
Wed, Apr 18	12:00 – 1:00 p.m.	Corporate Woods

NEW! Nutrition Basics

5 one-hour group sessions

Wed, Mar 21	12:00 – 1:00 p.m.	Medical Center
Tues, Apr 10	5:30 – 6:30 p.m.	Healthy Living Center

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

Stress Reduction

4 one-hour group sessions

Tues, Mar 6	4:30 – 5:30 p.m.	Saunders
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**Mindfulness-Based
Stress Reduction**

6 two-hour group sessions

Tues, Mar 20	5:45 – 7:45 p.m.	BHP
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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**.

*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.