

Center for Community Health & Prevention

Feel healthy. Be healthy.

The Center for Community Health & Prevention has helped many people improve their health, and we can help you, too.

Our team of physicians, nurse practitioners, registered dietitians, exercise specialists, and counselors will work with you to reach your health goals.

- Make an appointment to meet with us so we can understand your goals.
- We'll create a personalized plan based on proven strategies and the science of motivation.
- Our team will work with your doctor to coordinate the support you need.

Appointments and sessions to fit your schedule

- Many locations across the Rochester area
- Telehealth options for select programs
- Individual appointments and group sessions are available mornings, afternoons, and evenings

Contact the Center for
Community Health & Prevention
to schedule an appointment.

(585) 602-0720

Many of the services listed above are covered by insurance. Self-pay is also available. University of Rochester employees: contact the Center for Community Health & Prevention for additional information.

Clinicians: to make a referral to these programs go to "Patient Encounter" and select "Meds and Orders," then select "AMB REF Healthy Living."

**Patients: Take the next step.
Your clinician has recommended that you
participate in one of these programs.**

Patient Name: _____

We offer one-on-one counseling or group programs to address:

- Weight Loss**
- Diabetes Prevention**
- Nutrition Counseling**
- Blood Pressure**
- Cholesterol**
- Tobacco Use**
- Stress**
- Physical Activity**

Referring Provider: _____

Date: _____

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Discovery. Inspiration. Transformation.