

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 MEN ONLY

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.

*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.