

## Lifestyle Management Programs

Oct – Nov 2017

### Individual Programs

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

**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 (Prince St. location only, or via telehealth)

### Group Programs

**Basics for Building a Healthy Lifestyle:**

**4 one-hour group sessions**

Thurs, Oct 26	4:30 – 5:30 p.m.	Telehealth
Tues, Oct 31	12:30 – 1:30 p.m.	Telehealth
Tues, Nov 28	4:00 – 5:00 p.m.	Telehealth
Wed, Nov 29	12:00 – 1:00 p.m.	Telehealth

**Stress Reduction:**

**4 one-hour group sessions**

Wed, Oct 18	12:00 – 1:00 p.m.	Rochester Tech Park
Mon, Oct 30	5:15 – 6:15 p.m.	Prince Street
Tues, Nov 28	12:00 – 1:00 p.m.	Saunders

**Mindfulness-Based Stress Reduction:**

**5 two-hour group sessions**

Thurs, Nov 9	6:30 – 8:30 p.m.	Prince Street
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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 Cholesterol and Blood Pressure Management, Tobacco Dependence, and Basics for Building a Healthy Lifestyle 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.