

## Lifestyle Management Programs

Sept – Oct 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

#### Weight Loss:

#### 17 one-hour group and 7 half-hour individual sessions

Tues, Sept 12	5:30 – 6:30 p. m.	Science Parkway
Fri, Sept 22	12:00 – 1:00 p.m.	Saunders
Wed, Sept 27	12:00 – 1:00 p.m.	Med Center

#### Weight Loss for Life:

#### 12 on-hour group sessions for those that have completed the Weight Loss program

Fri, Sept 29	12:30 -1:30 p.m.	Saunders
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#### Basics for Building a Healthy Lifestyle:

#### 4 one-hour group sessions

Tues, Sept 19	12:30 – 1:30 p.m.	Telehealth
Mon, Oct 2	12:00 – 1:00 p.m.	Telehealth
Thurs, Oct 26	4:30 – 5:30 p.m.	Telehealth

#### Physically Active You:

#### 6 one-hour group and 2 half-hour individual sessions

Thurs, Oct 5	4:30 – 5:30 p.m.	Saunders
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#### Stress Reduction:

#### 4 one-hour group sessions

Mon, Sept 18	12:00 – 1:00 p.m.	Advancement
Wed, Sept 20	12:00 – 1:00 p.m.	Eastman School of Music
Wed, Oct 18	12:00 – 1:00 p.m.	Rochester Tech Park
Mon, Oct 30	5:15 – 6:15 p.m.	Prince Street

#### Mindfulness-Based Stress Reduction:

#### 8 one-hour group sessions

Wed, Sept 6	4:00 – 5:00 p.m.	Science Parkway
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#### 8 two-hour group sessions and Saturday retreat

Wed, Oct 4	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).