

Lifestyle Management Programs

January 2018

Group Programs

NEW! Fitness 101: Get Started

5 one-hour group sessions

Tues, Jan 23	12:30 – 1:30 p.m.	Saunders
Mon, Jan 29	12:00 – 1:00 p.m.	Medical Center
Wed, Feb 7	4:30 – 5:30 p.m.	Medical Center

NEW! Nutrition Basics

5 one-hour group sessions

Thurs, Jan 25	4:30 – 5:30 p.m.	Medical Center
Thurs, Feb 1	12:00 – 1:00 p.m.	Saunders

Weight Loss:

18 one-hour group, 6 individual sessions

Thurs, Jan 25	12:00 – 1:00 p.m.	Saunders
Tues, Jan 30	4:30 – 5:30 p.m.	URMC Imaging
Mon, Feb 5	5:00 – 6:00 p.m.	Saunders

**Mindfulness-Based
Stress Reduction:**

6 two-hour group sessions

Wed, Jan 10	6:00 – 8:30 p.m.	Prince Street
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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 training (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.