# Lifestyle Management Programs

**Group Programs**

**Fitness 101: Get Started**
- 5 one-hour group sessions
- Wed, May 1: 12:00 – 1:00 p.m. — Rochester Tech Park
- Wed, May 1: 12:00 – 1:00 p.m. — Saunders

**Nutrition Basics**
- 5 one-hour group sessions
- Fri, May 31: 12:00 – 1:00 p.m. — Saunders
- Thurs, July 11: 5:00 – 6:00 p.m. — Canandaigua Lakeside Prof Park
- Tues, July 16: 12:00 – 1:00 p.m. — Brooks Landing

**Stress Reduction:**
- 4 one-hour group sessions
- Mon, May 2: 12:00 – 1:00 p.m. — Brooks Landing
- Wed, June 5: 12:00 – 1:00 p.m. — Medical Center
- Thurs, June 6: 11:00 – 12:00 p.m. — Eastman School of Music
- Thurs, June 6: 12:00 – 1:00 p.m. — Children’s Institute STAFF ONLY

**Mindfulness-based Stress Reduction:**
- 6 two-hour group sessions
- Tues, June 4: 6:30 – 8:30 p.m. — Prince Street

**Individual Programs**

**Fitness 201: Get Stronger**
- 6 individual sessions with a certified personal trainer
- Wed, May 8 – June 12 — Prince Street
- Thurs, May 23 – June 27 — Saunders

**Nutrition & You**
- 3 individual sessions with a registered dietitian
- Appointments available at Clinton Crossings, Medical Center, Saunders, Prince Street, or via telehealth*

**Cholesterol Management**

**Blood Pressure Management**

**Tobacco Dependence:**
- 6 individual sessions with a tobacco counselor
- Appointments available at Prince Street, or via telehealth

*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.

Enroll online at [https://totalrewards.rochester.edu/](https://totalrewards.rochester.edu/)

**(585) 530-2050** or email **URWell.Lifestyle@urmc.rochester.edu**