

Lifestyle Management Programs

May – July 2019

Group Programs

Enroll online at <https://totalrewards.rochester.edu/>

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

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

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 Cholesterol Management Blood Pressure Management

3 individual sessions with a registered dietitian

Appointments available at Clinton Crossings, Medical Center, Saunders, Prince Street, or via telehealth*

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.