

Wellness Workshops

Get ready to experience wellness in a fun, interactive way. Our workshops, hosted by our team of knowledgeable clinical experts, give you the latest information on how to get healthy and stay that way!

WORKSHOPS

Emotional Wellbeing

- Decoding Stress
- Exercise and Mood
- Food and Mood
- Guided Relaxation
- Mindfulness

Exercise

- Deskercise
- Fitness on the Fly
- Importance of Stretching

Nutrition

- Bring on the Veggies
- Facts and Myths: Popular Diets
- Food Intolerance
- Holiday Eating and Drinking
- Tech Trend: Food Journaling
- The Skinny on Sugar, Carbs and Fats
- To Juice or Not to Juice?
- What's in Your Food?

Prevention

- Cardiovascular Risk Reduction
- Heart Healthy Lifestyle
- Hydration and Health

Sleep

- Better Sleep

Social Behaviors

- Work-Life Balance

ON-SITE FITNESS

45 minute sessions

Mindfulness-Based Yoga

Maximum of 20 participants

Meditation and light yoga to reduce stress and promote awareness of surroundings and self.

Small Group Training

Maximum of 10 participants, specialized workouts available

Light to moderate aerobic activity with strength and flexibility incorporated to increase blood flow and energize the body and mind.

Yoga 101

Maximum of 20 participants

Focuses on developing clear and safe alignment in foundational poses. Come to learn, play and maybe even break a sweat in a supportive environment.

Pricing:
\$250 per Wellness Workshop
\$275 per on-site fitness session
\$1500 per package of 6 on-site fitness sessions

Please contact us for pricing options for Wellness Workshop packages.

To schedule your Wellness Workshop or on-site fitness session, call (585) 276-6515 or email urwell@urmc.rochester.edu.

