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.