

Gain essential skills for the management of your health and weight at Cayuga Center for Healthy Living (CCHL)!



Our Mission

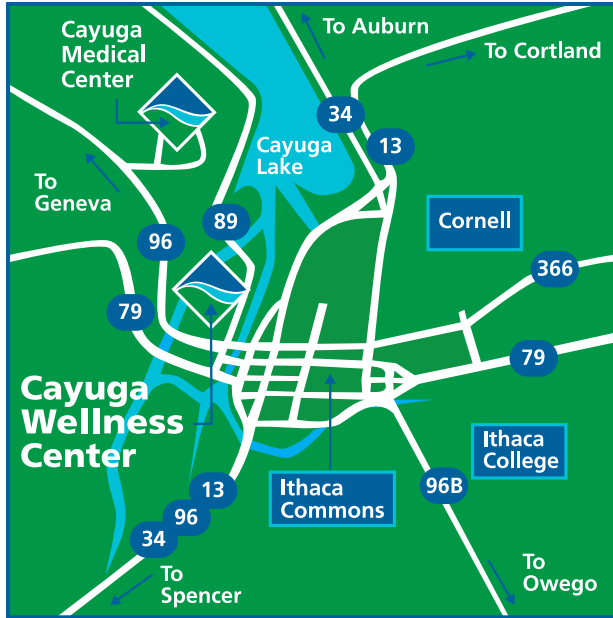
To positively impact the health and well-being of our community.

Our Vision

To be the leader in wellness and prevention of chronic disease through evidence-based care.

Where is the CCHL located?

CCHL is conveniently located on the 3rd floor of Cayuga Wellness Center, 310 Taughannock Blvd., Ithaca, NY, at the corner of Route 96 and Route 89 at Ithaca's West End. Dedicated parking is available for our clients.








A Collaborative Partner of Cayuga Medical Center



Cayuga Center for Healthy Living
 310 Taughannock Blvd.
 3rd Floor
 Ithaca, NY 14850
 (607) 252-3590
cayugawellness.org

Your wellness destination to comprehensive services all at one convenient location in Ithaca:

-  Cayuga Center for Healthy Living
-  Island Health & Fitness
-  Physical Therapy
-  Rasa Spa
-  Sports Medicine

Living a Healthier Lifestyle

MANAGING YOUR HEALTH AND WEIGHT



CAYUGA CENTER FOR HEALTHY LIVING



Lose weight. Get active. Quit tobacco. Manage stress. Be healthy.

Cayuga Center for Healthy Living (CCHL) provides strategies to help you develop and maintain a healthy lifestyle.

Medically Supervised Weight Management

Individualized weight loss program.

HMR® Weight Management Program

Support and lifestyle education focusing on nutrition, fitness, and stress management.

National Diabetes Prevention Program

Led by CDC, it features an approach that is proven to prevent or delay type 2 diabetes.

Diabetes Management

Specialized education and coordination of care, along with ADA-certified diabetes classes.

Cardiac Rehabilitation Program

Nationally-certified program includes monitored exercise and personalized education.

Tobacco Cessation

Support group and individualized quit plan.

Transition to Exercise Program

Individualized exercise program with our partners at Island Health & Fitness.

Our team can help you improve your health

Our experienced lifestyle management professionals at Cayuga Center for Healthy Living can help you improve your health through successful, meaningful changes. If you want to lose weight, become more active, learn to manage stress, or quit tobacco, we can help you reach your goal. Lifestyle changes can help you feel better and improve your overall health!

The CCHL team includes a physician, nurse practitioners, nurses, health educators, and registered dietitian nutritionists. In addition, we work closely with Island Health & Fitness, Rasa Spa, and specialists in Physical Therapy, Sports Medicine, Orthopedics, and Cardiology. Our collaborative team approach benefits our clients with expanded options.

Does insurance cover CCHL services?

Most insurance plans cover our services, depending on the type of visit and the diagnosis. Call for details.

How can I find out more, or get started?

To provide you with the best care, we collaborate with your healthcare provider, and a referral from your doctor is preferred. Call our office for more information, at (607) 252-3590 or go to cayugamed.org.

