



UT★Physicians™  
A Part of UTHealth

## Health Education

**Thank you for supporting UT Physicians Wellness Programs.**

**All classes are offered at no cost. At this time all classes are virtual via Cisco Webex.**

**Everyone is welcome to attend. Registration is required to receive a link to enter the class.  
Registration information is located on the last page.**

**Check back regularly for updated information. Schedule is subject to change.**

## October 2021- Virtual Wellness Classes

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 Walking at Home 3:00PM-3:30PM	5 Cooking Well with Diabetes 10:30AM-11:30AM  Zumba V-5:30PM-6:30PM	6 Core Connections (SPN) 2:30PM-3:30PM  HEAL Pregnancy 5:30PM- 6:30PM	7 Chair Yoga 11:00AM-12:00PM  Growing and Nourishing 2:00PM-3:00PM	8
11	12 Cooking Well with Diabetes 10:30AM-11:30AM  Breast Cancer Prevention 2:30PM-3:30PM  Zumba 5:30PM-6:30PM	13 ADHD Workshop for Parents 1:00-2:00PM  Core Connections (SPN) 2:30PM-3:30PM  HEAL Infancy 10:30AM-11:30AM and 5:30PM-6:30PM	14 Growing and Nourishing 2:00PM-3:00PM	15
18 Walking at Home 3:00PM-3:30PM	19 Cooking Well with Diabetes 10:30AM-11:30AM  Zumba 5:30PM-6:30PM	20 Core Connections (SPN) 2:30PM-3:30PM  HEAL Infancy 10:30AM-11:30AM and 5:30PM-6:30PM	21 Chair Yoga 11:00AM-12:00PM  Growing and Nourishing 2:00PM-3:00PM  Diabetes Support Group 5:30PM-6:30PM	22
25	26 Breathing Exercises 9:30AM-10:00AM  Zumba 5:30PM-6:30PM	27 ADHD Workshop for Parents 1:00-2:00PM  Core Connections (SPN) 2:30PM-3:30PM  HEAL Infancy 10:30AM-11:30AM 5:30PM-6:30PM	28	29

## November 2021- Virtual Wellness Classes

Monday	Tuesday	Wednesday	Thursday	Friday
1 Walking at Home 3:00PM-3:30PM	2 Zumba 5:30PM-6:30PM	3 HEAL Infancy 10:30AM-11:30AM and 5:30PM-6:30PM	4	5
8	9 Zumba 5:30PM-6:30PM	10 HEAL Infancy 10:30AM-11:30AM and 5:30PM-6:30PM	11 Chair Yoga 11:00AM-12:00PM	12
15 Walking at Home 3:00PM-3:30PM	16 Breathing Exercises 9:30AM-10:00AM  Zumba 5:30PM-6:30PM	17	18 Chair Yoga 11:00AM-12:00PM  Diabetes Support Group 5:30PM-6:30PM	19
22	23 Zumba 5:30PM-6:30PM	24	25	26
29	30 Zumba 5:30PM-6:30PM			

## December 2021- Virtual Wellness Classes

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6 Walking at Home 3:00PM-3:30PM	7 Zumba 5:30PM-6:30PM	8	9 Chair Yoga 11:00AM-12:00PM	10
13 Walking at Home 3:00PM-3:30PM	14 Breathing Exercises 9:30AM-10:00AM  Zumba 5:30PM-6:30PM	15	16 Chair Yoga 11:00AM-12:00PM  Diabetes Support Group 5:30PM-6:30PM	17
20	21 Zumba 5:30PM-6:30PM	22	23	24
27	28	29	30	31

**To register for a class, please see details below:**

#### **ADHD Workshop**

Learn all about ADHD and how to best manage ADHD at home and school through 4 dynamic virtual sessions. Participants will meet with medical and mental health professionals, and receive access to local resources. To register, please call Natalia Williams at 713-486-8574.

#### **Breathing Exercise**

Breathing exercises can help you reduce anxiety and stress. Join us for a 15 minute virtual session to learn different breathing techniques. To register, please call Ivy Weng at 713-486-5902.

#### **Chair Yoga**

Practicing yoga can lead to a sense of peace and well-being. You can improve body strength and flexibility, as well as improve your mood and clear your mind. A chair will be used for this class. To register, please call Amy Gómez at 713-486-1981.

#### **Cooking Well with Diabetes**

This is a cooking class designed to help people with diabetes and anyone that prepares food for them. This four-lesson course includes basic nutrition education to help plan meals and prepare food for people living with diabetes. To register, please call Amy Gómez at 713-486-1981.

#### **Core Connections—Chronic Disease Self-Management Program**

This 8-week program will empower you with knowledge and skills to actively embrace healthy choices. Each participant will receive nutritious foods throughout the program to support healthful eating habits. To register, please call Amy Gómez at 713-486-1981.

#### **Diabetes Support Group**

Have you been diagnosed with diabetes and have unanswered questions, challenges, or feel like no one understands? You are not alone! The Diabetes Support Group, led by a Certified Diabetes Educator and Certified Health Education Specialist, is a table-talk guided support group where participants pick the discussion topics. The support group provides participants with the opportunity to get accurate information about diabetes, feedback on current attitudes toward diabetes, and learn from other participants' experience with diabetes. To register, please call Lamarr Key at 713-486-7336.

#### **Growing and Nourishing Healthy Communities**

This program is a six-session series to learn basic garden techniques such as how to select a garden location, how to compost, plant and water, and control insects. To register, please call Ivy Weng at 713-486-5902.

#### **HEAL (Healthy Eating Active Living)**

HEAL is for women who are pregnant or who have an infant and who would like to embrace a healthier lifestyle for themselves and their baby. It is a five week program that includes hands-on education, demonstrations, resources and fresh fruits and vegetables to take home after each class. To register, please call Monique Dorsey at 832-325-7314.

#### **Walking at Home**

Walking at home is offered several times a month, and is an exercise program that provides a safe solution for increasing physical activity at home. Each session is 30 minutes. To register, please call Ivy Weng at 713-486-5902.

#### **Zumba**

Zumba is a fitness program inspired by various rhythms and dancing styles. It's a whole-body aerobic exercise that uses up a lot of energy and burns calories through dancing. Zumba helps to improve your flexibility, and strengthen your core. To register, please call Lamarr Key at 713-486-7336.