



UT★Physicians™
A Part of UTHHealth

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.

KEY

V	Virtual
H	Hybrid
C	Community Center
I	In-person*

***Check class description list for location!**

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 Eating Healthfully on a Budget 10:00AM-11:00AM 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

January 2022- Virtual Wellness Classes

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Do Well Be Well With Diabetes (V) 10:00AM - 11:00AM Zumba (V) 5:30PM-6:30PM	5	6	7
10 Walking at Home (V) 3:00PM-3:30PM	11 Do Well Be Well With Diabetes (V) 10:00AM - 11:00AM Zumba (V) 5:30PM-6:30PM	12	13 Chair Yoga (V) 11:00AM-12:00PM Mandala Drawing for Stress Management (C) 1:30PM-2:30PM	14
17	18 Breathing Exercises (V) 9:30AM-10:00AM Do Well Be Well With Diabetes (V) 10:00AM - 11:00AM Zumba (V) 5:30PM-6:30PM	19	20 Mandala Drawing for Stress Management (C) 1:30PM-2:30PM Diabetes Support Group (V) 5:30PM-6:30PM	21
24 Walking at Home (V) 3:00PM-3:30PM	25 Zumba (V) 5:30PM-6:30PM	26	27 Chair Yoga (V) 11:00AM-12:00PM Mandala Drawing for Stress Management (C) 1:30PM-2:30PM	28
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.

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.

Eating Healthfully on a Budget

Nutrition education class to learn about healthy eating on a budget. Participants will also learn how to make a nutritious recipe and receive a nutrition handout and a copy of the recipe prepared in class. To register, please call Amy Gómez at 713-486-1981.

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.

Mandala Drawing for Stress Management

This program is a 3-session series in person class to learn how to use coloring skills to manage anxiety and depression. These sessions will be offered at the Jim and Joann Fonteno Senior Education Center at 6600 Bissonnet Street. To register, please call Ivy Weng at 713-486-5902.

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.