



UT★Physicians™  
A Part of UTHealth

**Health Education**

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

**All classes are offered at no cost. Classes are offered virtually, in-person, and hybrid. Please check the key for more information.**

**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!**

## January 2022- Wellness Classes

| Monday                                     | Tuesday   | Wednesday   | Thursday  | Friday |
|--|---|---|---|--------|
| 3  | 4<br>Do Well Be Well With Diabetes (V)<br>10:00 - 11:00AM<br><br>Zumba (V)<br>5:30PM-6:30PM   | 5   | 6   | 7      |
| 10<br>Walking at Home (V)<br>3:00PM-3:30PM | 11<br>Do Well Be Well With Diabetes (V)<br>10:00 - 11:00AM<br><br>Zumba (V)<br>5:30PM-6:30PM  | 12  | 13<br>Chair Yoga (V)<br>11:00AM-12:00PM<br><br>Mandala Drawing for Stress Management (C)<br>1:30PM-2:30PM   | 14     |
| 17   | 18<br>Breathing Exercises (V)<br>9:30AM-10:00AM<br><br>Do Well Be Well With Diabetes (V)<br>10:00AM - 11:00AM<br><br>Zumba (V)<br>5:30PM-6:30PM | 19<br><br>A Fresh Start to a Healthier You (V)<br>2:00PM-3:00PM   | 20<br>Mandala Drawing for Stress Management (C)<br>1:30PM-2:30PM<br><br>Diabetes Support Group (V)<br>5:30PM-6:30PM   | 21     |
| 24<br>Walking at Home (V)<br>3:00PM-3:30PM | 25<br>Zumba (V)<br>5:30PM-6:30PM  | 26<br>HEAL Infancy (V)<br>10:30 AM-11:30 AM and<br>5:30 PM-6:30 PM<br><br>A Fresh Start to a Healthier You (V)<br>2:00PM-3:00PM | 27<br>Chair Yoga (V)<br>11:00AM-12:00PM<br><br>Mandala Drawing for Stress Management (C)<br>1:30PM-2:30PM<br><br>HEAL Pregnancy (V)<br>10:30 AM-11:30 AM and<br>5:30 PM-6:30 PM | 28     |
| 31   |   |   |   |        |

## February 2022- Wellness Classes

| Monday                                     | Tuesday   | Wednesday  | Thursday   | Friday |
|--|---|--|--|--------|
|  | 1<br>Zumba (V)<br>5:30PM-6:30PM   | 2<br>HEAL Infancy (V)<br>10:30 AM-11:30 AM<br>and<br>5:30 PM-6:30 PM<br>ADHD Workshop for Families (V)<br>1:00PM-2:00PM<br>A Fresh Start to a Healthier You (V)<br>2:00PM-3:00PM   | 3<br>HEAL Pregnancy (V)<br>10:30 AM-11:30 AM<br>and<br>5:30 PM-6:30 PM   | 4      |
| 7<br>Walking at Home (V)<br>3:00PM-3:30PM  | 8<br>Zumba (V)<br>5:30PM-6:30PM   | 9<br>HEAL Infancy (V)<br>10:30 AM-11:30 AM<br>and<br>5:30 PM-6:30 PM<br>ADHD Workshop for Families (V)<br>1:00PM-2:00PM<br>Mandala Drawing for Stress Management (I)<br>2:00PM-3:00PM<br>A Fresh Start to a Healthier You (V)<br>2:00PM-3:00PM | 10<br>HEAL Pregnancy (V)<br>10:30 AM-11:30 AM<br>and<br>5:30 PM-6:30 PM<br>Chair Yoga (V)<br>11:00AM-12:00PM   | 11     |
| 14   | 15<br>Breathing Exercises (V)<br>9:30AM-10:00AM<br>Zumba (V)<br>5:30PM-6:30PM | 16<br>HEAL Infancy (V)<br>10:30 AM-11:30 AM<br>and<br>5:30 PM-6:30 PM<br>ADHD Workshop for Families (V)<br>1:00PM-2:00PM<br>Mandala Drawing for Stress Management (I)<br>2:00PM-3:00PM   | 17<br>HEAL Pregnancy (V)<br>10:30 AM-11:30 AM<br>and<br>5:30 PM-6:30 PM<br>Eye and Foot Health Care with Diabetes (V)<br>2:00PM -3:00PM<br>Diabetes Support Group (V)<br>5:30PM-6:30PM | 18     |
| 21   | 22<br>Zumba (V)<br>5:30PM-6:30PM  | 23<br>ADHD Workshop for Families (V)<br>1:00PM-2:00PM<br>Mandala Drawing for Stress Management (I)<br>2:00PM-3:00PM  | 24<br>Chair Yoga (V)<br>11:00AM-12:00PM  | 25     |
| 28<br>Walking at Home (V)<br>3:00PM-3:30PM |   |  |  |        |

## March 2022- Wellness Classes

| Monday                                       | Tuesday  | Wednesday   | Thursday  | Friday |
|--|--|---|---|--------|
|  | 1<br>Zumba (V)<br>5:30PM-6:30PM  | 2<br>Making Ends Meet<br>During a Crisis<br>10:00AM-11:30AM (V) | 3   | 4      |
| 7  | 8<br>Zumba (V)<br>5:30PM-6:30PM  | 9   | 10<br>Chair Yoga (V)<br>11:00AM-12:00PM<br>Mandala Drawing for<br>Stress Management<br>(C)<br>1:30PM-2:30PM   | 11     |
| 14<br>Walking at Home (V)<br>11:00AM-11:30AM | 15<br>Zumba (V)<br>5:30PM-6:30PM   | 16  | 17<br>Mandala Drawing for<br>Stress Management<br>(C)<br>1:30PM-2:30PM  | 18     |
| 21   | 22<br>Breathing<br>Exercises (V)<br>9:30AM-10:00AM<br>Zumba (V)<br>5:30PM-6:30PM | 23  | 24<br>Chair Yoga (V)<br>11:00AM-12:00PM<br>Mandala Drawing for<br>Stress Management<br>(C)<br>1:30PM-2:30PM<br>Diabetes Support<br>Group (V)<br>5:30PM-6:30PM | 25     |
| 28<br>Walking at Home(V)<br>11:00AM-11:30AM  | 29<br>Zumba (V)<br>5:30PM-6:30PM   | 30  | 31  |        |

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

**ADHD Workshop for Families**

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 713-486-3873.

**A Fresh Start to a Healthier You**

Texas A&M Agrilife Extension offers a 4 week program that focuses on using fruits and vegetables to improve health. Classes are one hour long and open to all adults. To register, please call Natalia at 713-486-3873.

**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.

**Diabetes Support Group**

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.

**Do Well, Be Well**

Join this class to get the facts about Type 2 diabetes from diabetes experts and professional educators. Get the encouragement you need to make changes, and connect with other participants. To register, please call Amy Gómez at 713-486-1981.

**Eye and Foot Health Care with Diabetes**

This is an 1 hour education workshop to increase the awareness of the eye and foot complications of diabetes. We will focus on symptoms and prevention skills. 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.

**Making Ends Meet During a Crisis**

Making ends meet during a crisis will provide participants the tools needed to help increase income and/or reduce expenses during a personal financial crisis. To register, please call Amy Gómez at 713-486-1981 or Lamarr Key at 713-486-7336.

**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 in January, and at UTP International District in February.** 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.