



UTHealth Houston
UT★Physicians™
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.

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

Schedule is subject to change.

KEY

V	Virtual
H*	Hybrid*
C	Community Center

***Please refer to class description list for location.**

May 2022- Wellness Classes

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Zumba (H) 5:30PM-6:30PM	4 Target BP (V) 1:00PM-2:00PM	5 Mindfulness: Here and Now (V) 10:30AM-11:30AM HEAL Infancy (V) 10:30AM -11:30AM and 5:30PM- 6:30PM	6
9 Walking at Home (V) 11:00AM-11:30AM	10 Meditation (V) 11:00AM- 11:30AM Zumba (H) 5:30PM-6:30PM	11	12 Mindfulness: Here and Now (V) 10:30AM-11:30AM HEAL Infancy (V) 10:30AM -11:30AM and 5:30PM- 6:30PM Chair Yoga (V) 11:00AM-12:00PM	13
16	17 Zumba (H) 5:30PM-6:30PM	18 Houston Food Bank Cooking Class ENG (V) 11:00AM-12:00PM	19 Chair Yoga (V) 11:00AM-12:00PM HEAL Infancy (V) 10:30AM -11:30AM and 5:30PM- 6:30PM Diabetes Support Group (V) 5:30PM-6:30PM	20
23 Walking at Home (V) 11:00AM-11:30AM	24 Breathing Exercise (V) 9:30 AM-10:00AM Zumba (H) 5:30PM-6:30PM	25 Houston Food Bank Cooking Class ENG (V) 11:00AM-12:00PM	26 HEAL Infancy (V) 10:30AM -11:30AM and 5:30PM- 6:30PM	27
30	31 Zumba (H) 5:30PM-6:30PM			

June 2022- Wellness Classes

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Houston Food Bank Cooking Class ENG (V) 11:00AM-12:00PM Target BP (V) 1:00PM-2:00PM Core Connection-ENG (V) 2:00-3:00PM	2 HEAL Infancy (V) 10:30AM -11:30AM and 5:30PM- 6:30PM	3 Houston Food Bank Cooking Class SPN (V) 11:00AM-12:00PM
6	7 Meditation (V) 11:00AM- 11:30AM Zumba (H) 5:30PM-6:30PM	8 Houston Food Bank Cooking Class ENG (V) 11:00AM-12:00PM Core Connection-ENG (V) 2:00-3:00PM	9 Chair Yoga (H) 11:00AM-12:00PM Planning Your Dollars for the Future (V) 2:00PM - 3:30PM	10 Houston Food Bank Cooking Class SPN (V) 11:00AM-12:00PM
13 Walking at Home (V) 3:00-3:30 PM	14 Breathing Exercise (V) 9:30 AM-10:00AM Zumba (H) 5:30PM-6:30PM	15 Core Connection-ENG (V) 2:00-3:00PM	16 Chair Yoga (H) 11:00AM-12:00PM Diabetes Support Group (V) 5:30PM-6:30PM	17 Houston Food Bank Cooking Class SPN (V) 11:00AM-12:00PM
20	21 Zumba (H) 5:30PM-6:30PM	22 Core Connection-ENG (V) 2:00-3:00PM	23 HEAL Pregnancy (V) 10:30AM -11:30AM and 5:30PM- 6:30PM Eye and Foot Health Care with Diabetes (H) 2:00-3:00PM	24 Houston Food Bank Cooking Class SPN (V) 11:00AM-12:00PM
27 Walking at Home (V) 3:00- 3:30 PM	28 Zumba (H) 5:30PM-6:30PM	29 Picky Eating Workshop(V) 12:00PM-1:00PM Core Connection-ENG (V) 2:00-3:00PM	30 HEAL Pregnancy (V) 10:30AM -11:30AM and 5:30PM- 6:30PM My Plate for My Family (V) 2:00-3:00PM	

July 2022- Wellness Classes

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5 Meditation (V) 11:00AM- 11:30AM Zumba (H) 5:30PM-6:30PM	6 Core Connection-ENG (V) 2:00-3:00PM	7 HEAL Pregnancy (V) 10:30AM -11:30AM and 5:30PM- 6:30PM My Plate for My Family (V) 2:00-3:00PM	8
11 Walking at Home (V) 3:00-3:30 PM	12 Zumba (H) 5:30PM-6:30PM	13 Core Connection-ENG (V) 2:00-3:00PM	14 HEAL Pregnancy (V) 10:30AM -11:30AM and 5:30PM- 6:30PM Chair Yoga (H) 11:00AM-12:00PM My Plate for My Family (V) 2:00-3:00PM	15
18	19 Breathing Exercise (V) 9:30 AM-10:00AM Zumba (H) 5:30PM-6:30PM	20 Core Connection-ENG (V) 2:00-3:00PM	21 My Plate for My Family (V) 2:00-3:00PM Diabetes Support Group (V) 5:30PM-6:30PM	22
25 Walking at Home (V) 3:00- 3:30 PM	26 Zumba (H) 5:30PM-6:30PM	27	28 Chair Yoga (H) 11:00AM-12:00PM	29

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. **Class will be offered online and in-person- UTP Rosenberg- 5115 Avenue H, Rosenberg, TX 77471.** To register, please call Amy Gómez at 713-486-1981.

Cooking Demonstration

Join our registered dietitian as she shares an affordable and easy recipe you can try at home! The demonstration will be virtual, and the recipe will be shared with all participants. To register, please call Monique Dorsey at 713-489-0027 or Lamarr Key at 713-486-7336.

Core Connections- Chronic Disease Self- Management Program (English)

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 or Ivy at 713-486-5902.

Diabetes Support Group

Led by a Certified Diabetes Educator and Certified Health Education Specialist, this is a table-talk guided support group where participants pick the discussion topics. It 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 With Hypertension

Join this class to get the facts about high blood pressure from 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 hour-long 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.

Houston Food Bank Cooking Class

During this 4-week cooking class, you will learn new cooking techniques and healthy recipes for yourself and to share with friends and family. To register, please call Alison Culp at 713-486-8574.

Meditation

Participants will go through a guided meditation, to help maintain focus and let go of distractions. The sensations of breathing will also be incorporated throughout the meditation process to help promote focus of attention and body awareness. To register, please call Amy Gómez at 713-486-1981.

Mindfulness: Here and Now for the Mind, Body, and Emotional Self

Join our UT Physicians therapists as they share techniques for coping and mindfulness in a 4-week virtual workshop. To register, please call Lamarr Key at 713-486-7336.

My Plate for My Family

Houston Food Bank nutrition educators will share tips and tricks to create My Plate recommended meals and snacks for your family. To register, please call Amy Gomez at 713-486-1981

Picky Eating Workshop

The primary goal of this class is to teach parents & guardians of small children different methods to encourage a healthy relationship with food. It will cover age appropriate nutrient requirements in children, mindful phrasing practices, and the do's and don'ts when expanding a child's food preferences. To register, please call Monique Dorsey at 713-486-0027.

Planning Dollars for the Future

In this class we will review how you define your long term financial goals, determine how much these goals will cost, identify what actions are required to reach your goals, and how to include the money required into your budget. To register, please call Amy Gómez at 713-486-1981 or Lamarr Key at 713-486-7336.

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. **Class will be offered online and in-person at UTP Victory- 7364 Antoine Drive, Houston, TX 77088.** To register, please call Lamarr Key at 713-486-7336.