



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 the class description list for location.

November 2022- Wellness Classes

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Meditation (V) 11:00AM -11:30AM Zumba (H) 5:30PM-6:30PM	2 ADHD Workshop (ENG) (V) 1:00PM-2:00PM	3 HEAL Pregnancy (V) 10:30AM -11:30AM and 5:30PM- 6:30PM	4
7 Walking at Home (V) 11:00AM-11:30AM	8 Zumba (H) 5:30PM-6:30PM	9	10 HEAL Pregnancy (V) 10:30AM -11:30AM and 5:30PM- 6:30PM Chair Yoga (V) 11:00AM-12:00PM	11
14 Walking at Home (V) 11:00AM-11:30AM	15 Breathing Exercise (V) 9:30AM-10:00AM Zumba (H) 5:30PM-6:30PM	16 Live Stream Cooking Demonstration (V) 11:00AM-12:00PM	17 HEAL Pregnancy (V) 10:30AM -11:30AM and 5:30PM- 6:30PM Chair Yoga (V) 11:00AM-12:00PM Diabetes Support Group (V) 5:30PM-6:30PM	18
21 Walking at Home (V) 11:00AM-11:30AM	22 Zumba (H) 5:30PM-6:30PM	23	24	25
28	29 Healthy Carbohydrates (V) 10:00AM-11:00AM Zumba (H) 5:30PM-6:30PM	30		

December 2022- Wellness Classes

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5 Walking at Home (V) 11:00AM-11:30AM	6 Healthy Carbohydrates (V) 10:00AM-11:00AM Meditation (V) 11:00AM -11:30AM Navigating the World of Medicare (V) 11:00AM-12:00PM and 4:30PM-5:30PM Zumba (H) 5:30PM-6:30PM	7 Picky Eating Workshop (V) 11:00AM-12:00PM	8 Chair Yoga (V) 11:00AM-12:00PM	9
12	13 Healthy Carbohydrates (V) 10:00AM-11:00AM Zumba (H) 5:30PM-6:30PM	14 Live Stream Cooking Demonstration (V) 11:00AM-12:00PM	15 Chair Yoga (V) 11:00AM-12:00PM Diabetes Support Group (V) 5:30PM-6:30PM	16
19 Walking at Home (V) 11:00AM-11:30AM	20 Breathing Exercise (V) 9:30AM-10:00AM Healthy Carbohydrates (V) 10:00AM-11:00AM Zumba (H) 5:30PM-6:30PM	21	22	23
26	27	28	29	30

January 2023- Wellness Classes

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Zumba (H) 5:30PM-6:30PM	4	5	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 Chair Yoga (V) 11:00AM-12:00PM	13
16	17 Breathing Exercise (V) 9:30AM-10:00AM Zumba (H) 5:30PM-6:30PM	18 Live Stream Cooking Demonstration (V) 11:00AM-12:00PM	19	20
23 Walking at Home (V) 11:00AM-11:30AM	24 Zumba (H) 5:30PM-6:30PM	25	26 Chair Yoga (V) 11:00AM-12:00PM	27
30	31 Zumba (H) 5:30PM-6:30PM			

ADHD Workshop for Families (Spanish and English offered)

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 scan the QR code or call Natalia Williams at 713-486-3873.](#)

Basics of Debt & Credit: Build & Improve Your Credit

In this two-part session facilitated by Memorial Assistance Ministries, participants will review the concepts and types of credit and debt, how to access and read a Credit Report, what impacts a Credit Score, and steps to improve your credit. [To register, please scan the QR code or call Lamarr Key at 713-486-7336 or Amy Gómez at 713-486-1981.](#)

Breathing Exercise

Breathing exercises can help you reduce anxiety and stress. Join us for a 30 minute virtual session to learn different breathing techniques. [To register, please scan the QR code or call Lamarr Key at 713-486-7336.](#)

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 scan the QR code or call Amy Gómez at 713-486-1981.](#)

Cooking Demonstration Livestream

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 scan the QR code or call Monique Dorsey at 713-486-0027 or Lamarr Key at 713-486-7336.](#)

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

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 scan the QR code or call Amy Gómez at 713-486-1981 or Alison at 713-486-8574.](#)

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 scan the QR code or call Lamarr Key at 713-486-7336.](#)

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 scan the QR code or call Monique Dorsey at 832-325-7314.](#)

Healthy Carbohydrates

This 4-week series teaches participants to choose healthy types and portions of carbohydrates to help decrease chronic disease risk. [To register, please scan the QR code or 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 scan the QR code or call Amy Gómez at 713-486-1981.](#)

Navigating the World of Medicare

Prepare yourself and your family up-to-date information on Medicare programs and how to make the best choice for you. [To register, please scan the QR code or call Lamarr Key at 713-486-7336.](#)

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 scan the QR code or call Monique Dorsey at 713-486-0027.](#)

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 scan the QR code or call Alison Culp at 713-486-8574.](#)

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 scan the QR code or call Lamarr Key at 713-486-7336.](#)

