



 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.**

## 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	8 Chair Yoga (V) 11:00AM-12:00PM Picky Eating Workshop (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	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 HEAL Infancy (V) 10:30AM-11:30AM and 5:30PM-6:30PM	20
23 Walking at Home (V) 11:00AM-11:30AM	24 Zumba (H) 5:30PM-6:30PM	25	26 HEAL Infancy (V) 10:30AM-11:30AM and 5:30PM-6:30PM  Chair Yoga (V) 11:00AM-12:00PM	27
30	31 Zumba (H) 5:30PM-6:30PM			

## February 2023- Wellness Classes

Monday	Tuesday	Wednesday	Thursday	Friday
		1 ADHD Workshop for Families (V) 1:00PM-2:00PM	2 HEAL Infancy (V) 10:30AM-11:30AM and 5:30PM-6:30PM	3
6	7 Meditation (V) 11:00AM -11:30AM  Zumba (H) 5:30PM-6:30PM	8 ADHD Workshop for Families (V) 1:00PM-2:00PM	9 HEAL Infancy (V) 10:30AM-11:30AM and 5:30PM-6:30PM  Chair Yoga (V) 11:00AM-12:00PM	10
13 Walking at Home (V) 11:00AM-11:30AM	14 Zumba (H) 5:30PM-6:30PM	15 Live Stream Cooking Demonstration (V) 11:00AM-12:00PM  ADHD Workshop for Families (V) 1:00PM-2:00PM	16 HEAL Infancy (V) 10:30AM-11:30AM and 5:30PM-6:30PM	17
20	21 Breathing Exercise (V) 9:30AM-10:00AM  Zumba (H) 5:30PM-6:30PM	22 ADHD Workshop for Families (V) 1:00PM-2:00PM	23 Chair Yoga (V) 11:00AM-12:00PM	24
27 Walking at Home (V) 11:00AM-11:30AM	28 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.](#)

## **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. *You can attend this class in person at UT Physicians- Victory- 7364 Antoine Drive, Houston, TX 77088* [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. *You can attend this class in person at UT Physicians- Victory- 7364 Antoine Drive, Houston, TX 77088.* [To register, please scan the QR code or call Lamarr Key at 713-486-7336.](#)

