



 UTHealth Houston  

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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.**

## January 2023- Wellness Classes

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

## February 2023- Wellness Classes

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

## March 2023- Wellness Classes

| Monday                                       | Tuesday   | Wednesday   | Thursday   | Friday |
|--|---|---|--|--------|
|  |   | 1   | 2<br>Mindfulness: Here and Now (V)<br>2:00PM-3:00PM  | 3      |
| 6  | 7<br>Meditation (V)<br>11:00AM -11:30AM<br><br>Zumba (H)<br>5:30PM-6:30PM | 8   | 9<br>HEAL Pregnancy (V)<br>10:30AM-11:30AM<br>and<br>5:30PM-6:30PM<br><br>Chair Yoga (V)<br>11:00AM-12:00PM  | 10     |
| 13<br>Walking at Home (V)<br>11:00AM-11:30AM | 14<br>Zumba (H)<br>5:30PM-6:30PM  | 15<br>Live Stream Cooking<br>Demonstration (H)<br>11:00AM-12:00PM | 16<br>HEAL Pregnancy (V)<br>10:30AM-11:30AM<br>and<br>5:30PM-6:30PM  | 17     |
| 20   | 21<br>Zumba (H)<br>5:30PM-6:30PM  | 22<br>Picky Eating<br>Workshop (V)<br>11:00AM-12:00PM             | 23<br>HEAL Pregnancy (V)<br>10:30AM-11:30AM<br>and<br>5:30PM-6:30PM<br><br>Chair Yoga (V)<br>11:00AM-12:00PM | 24     |
| 27<br>Walking at Home (V)<br>11:00AM-11:30AM | 28<br>Zumba (H)<br>5:30PM-6:30PM  | 29  | 30<br>HEAL Pregnancy (V)<br>10:30AM-11:30AM<br>and<br>5:30PM-6:30PM  | 31     |

## **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 Alison Culp at 713-486-8574.

## **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 Amy Gomez at 713-486-1981.

## **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.

## **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 Culp at 713-486-8574.

## **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.

## **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.

## **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 scan the QR code or call Natalia Williams at 713-486-3873.

## **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 Natalia Williams at 713-486-3873.

