



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*
I	In-Person

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

## March 2023- Wellness Classes

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 Mindfulness: Here and Now (V) 2:00PM-3:00PM	3
6	7 Meditation (V) 11:00AM -11:30AM  Zumba (H) 5:30PM-6:30PM	8	9 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 (H) -Victory Clinic 11:00AM-12:00PM	16	17
20	21 Breathing Exercise (V) 9:30AM-10:00AM  Zumba (H) 5:30PM-6:30PM	22	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	29	30	31

## April 2023- Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Meditation (V) 11:00AM -11:30AM  Zumba (H) 5:30PM-6:30PM	5 Live Stream Cooking Demonstration (H)- Rosenberg Clinic 11:00AM-12:00PM	6	7
10 Walking at Home (V) 11:00AM-11:30AM	11 Zumba (H) 5:30PM-6:30PM	12	13 Chair Yoga (V) 11:00AM-12:00PM	14
17	18 Breathing Exercise (V) 9:30AM-10:00AM  Zumba (H) 5:30PM-6:30PM	19 Live Stream Cooking Demonstration (H)- Victory Clinic 11:00AM-12:00PM	20	21
24 Walking at Home (V) 11:00AM-11:30AM	25 HEAL Pregnancy (V) 10:30AM-11:30AM and 5:30PM-6:30PM  Zumba (H) 5:30PM-6:30PM	26 Picky Eating Workshop (V) 11:00AM-12:00PM	27 Chair Yoga (V) 11:00AM-12:00PM	28

## May 2023- Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 HEAL Pregnancy (V) 10:30AM-11:30AM and 5:30PM-6:30PM  Meditation (V) 11:00AM -11:30AM  Zumba (H) 5:30PM-6:30PM	3  Live Stream Cooking Demonstration (H)- Rosenberg Clinic 11:00AM-12:00PM	3	5
8 Walking at Home (V) 11:00AM-11:30AM	9 HEAL Pregnancy (V) 10:30AM-11:30AM and 5:30PM-6:30PM  Zumba (H) 5:30PM-6:30PM	10  Container Gardening (I) 11:00AM-12:00PM	11  Chair Yoga (V) 11:00AM-12:00PM	12
15	16 Breathing Exercise (V) 9:30AM-10:00AM  HEAL Pregnancy (V) 10:30AM-11:30AM and 5:30PM-6:30PM  Zumba (H) 5:30PM-6:30PM	17  Live Stream Cooking Demonstration (H)- Victory Clinic 11:00AM-12:00PM	18	19
22 Walking at Home (V) 11:00AM-11:30AM	23 HEAL Pregnancy (V) 10:30AM-11:30AM and 5:30PM-6:30PM  Zumba (H) 5:30PM-6:30PM	24	25  Chair Yoga (V) 11:00AM-12:00PM	26
29	30  Zumba (H) 5:30PM-6:30PM	31		

## **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.](#)

## **Container Gardening**

Learn how to grow fresh vegetables in a container that can be kept in your home. Instructor will share how to plant, water, fertilize and choose the best location for your container gardens. Participants will receive a gardening item for attending! *Class is in person at UT Physicians Multispecialty Victory (7364 Antoine Drive, Houston, TX 77088).* [To register, please scan the QR code or call Natalia Williams at 713-486-3873.](#)

## **Cooking Demonstration Livestream**

Join our registered dietitian as she shares an affordable and easy recipe you can try at home! The demonstration is virtual AND in-person, and the recipe will be shared with all participants. *You can attend this class in person at UT Physicians Multispecialty Rosenberg (5115 Avenue H, Suite 701, Rosenberg, TX 77471) or UT Physicians Multispecialty 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.](#)

