



 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**


September 2023- Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5 HEAL Infancy (V) 10:30AM-11:30AM and 5:30PM-6:30PM Meditation (V) 11:00AM -11:30AM Zumba (H) 5:30PM-6:30PM	6 Live Stream Cooking Demonstration (H)- Rosenberg Clinic 11:00AM-12:00PM	7	8
11	12 HEAL Infancy (V) 10:30AM-11:30AM and 5:30PM-6:30PM Zumba (H) 5:30PM-6:30PM	13	14 Chair Yoga (H) 11:00AM-12:00PM	15
18	19 HEAL Infancy (V) 10:30AM-11:30AM and 5:30PM-6:30PM Zumba (H) 5:30PM-6:30PM	20 Live Stream Cooking Demonstration (H)- Victory Clinic 11:00AM-12:00PM	21 Dining at the Dollar Store (V) 11:00AM - 11:45AM	22
25	26 HEAL Infancy (V) 10:30AM-11:30AM and 5:30PM-6:30PM Zumba (H) 5:30PM-6:30PM	27 Navigating the World of Medicare (V) 11:00AM-12:00PM	28 Chair Yoga (H) 11:00AM-12:00PM	29
				 Scan to register

October 2023- Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Meditation (V) 11:00AM -11:30AM Zumba (H) 5:30PM-6:30PM	4 Live Stream Cooking Demonstration (H)- Rosenberg Clinic 11:00AM-12:00PM	5	6
9 Walking at Home (V) 11:00AM-11:30AM	10 Zumba (H) 5:30PM-6:30PM	11 ADHD Workshop for Families (V) 1:00PM-2:00PM	12 Chair Yoga (H) 11:00AM-12:00PM	13
16	17 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	18 Live Stream Cooking Demonstration (H)- Victory Clinic 11:00AM-12:00PM ADHD Workshop for Families (V) 1:00PM-2:00PM	19 Stress Eating (V) 11:00AM - 11:45AM	20
23 Walking at Home (V) 11:00AM-11:30AM MyPlate (I) 11:00AM - 11:45AM	24 HEAL Pregnancy (V) 10:30AM-11:30AM and 5:30PM-6:30PM Zumba (H) 5:30PM-6:30PM	25 Navigating the World of Medicare (V) 11:00AM-12:00PM ADHD Workshop for Families (V) 1:00PM-2:00PM	26 Chair Yoga (H) 11:00AM-12:00PM	27
30	31 HEAL Pregnancy (V) 10:30AM-11:30AM and 5:30PM-6:30PM Zumba (H) 5:30PM-6:30PM			 Scan to register

November 2023- Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 Live Stream Cooking Demonstration (H)- Rosenberg Clinic 11:00AM-12:00PM</p> <p>ADHD Workshop for Families (V) 1:00PM-2:00PM</p>	2	3
6	<p>7 Reducing Food Waste (I) 9:00AM - 10:00AM</p> <p>HEAL Pregnancy (V) 10:30AM-11:30AM and 5:30PM-6:30PM</p> <p>Meditation (V) 11:00AM -11:30AM</p> <p>Zumba (H) 5:30PM-6:30PM</p>	8	9 Chair Yoga (H) 11:00AM-12:00PM	10
13 Walking at Home (V) 11:00AM-11:30AM	14 Reducing Food Waste (I) 9:00AM - 10:00AM	15 Live Stream Cooking Demonstration (H)- Victory Clinic 11:00AM-12:00PM	16	17
20	21 Reducing Food Waste (I) 9:00AM - 10:00AM	22	23	24
	<p>Breathing Exercise (V) 9:30AM-10:00AM</p> <p>Zumba (H) 5:30PM-6:30PM</p>			
27 Walking at Home (V) 11:00AM-11:30AM	28 Reducing Food Waste (I) 9:00AM - 10:00AM	29 Navigating the World of Medicare (V) 11:00AM-12:00PM	30 Chair Yoga (H) 11:00AM-12:00PM	 Scan to register
	<p>Zumba (H) 5:30PM-6:30PM</p>			

ADHD Workshop for Families

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 Alicia Sandoval Aviles at 713-486-3903.

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 Alicia Sandoval Aviles at 713-486-3903.

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. *NOTE: Starting September 14th, you can attend this class at UT Physicians Multispecialty Rosenberg (5115 Avenue H, Suite 701, Rosenberg, TX 77471).* To register, please scan the QR code or call Shanice Johnson at 713-486-3904.

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 Shanice Johnson at 713-486-3904- or Chelsea Greer at 713-486-3905.

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 Natalia Williams at 713-486-3873.

Dining at the Dollar Store

Join this class to learn money-saving tips at local dollar stores. We'll explore shopping with name brand items, using SNAP/EBT benefits, and much more! This session is 45 minutes. To register, please scan the QR code or call Chelsea Greer at 713-486-3905.

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 Alicia Sandoval Aviles at 713-486-3903.

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 Shanice Johnson at 713-486-3904.

My Plate

This My Plate class will teach participants how to eat healthy using the My Plate method and will show how certain foods affect our health. This session is 45 minutes. To register, please scan the QR code or call Alicia Sandoval Aviles at 713-486-3903.

Navigating the World of Medicare

Prepare yourself and your family with 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 Shanice Johnson at 713-486-3904.

Stress Eating

Participants will explore stress eating insights in this class! Learn why it happens, understand food cravings under stress, and get strategies to resist in this 45 minute session. To register, please scan the QR code or call Chelsea Greer at 713-486-3905.

Reducing Food Waste

This 4-session in-person series focuses on reducing food waste through meal planning, storing foods to prevent spoilage and composting. *You can attend this class at UT Physicians Multispecialty Rosenberg (5115 Avenue H, Suite 701, Rosenberg, TX 77471).* To register, please scan the QR code or call Shanice Johnson at 713-486-3904.

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 Alicia Sandoval Aviles at 713-486-3903.

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 Chelsea Greer at 713-486-3905.

