



 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*
I	In-Person

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

## 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>	<p>Chair Yoga (H) 11:00AM-12:00PM</p>	<p>3 <b>Saturday</b> November 4 Walk with a Doc 10:00AM-11:00AM Arthur Storey Park</p>
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	<p>9 Chair Yoga (H) 11:00AM-12:00PM</p>	10
13	<p>14 Reducing Food Waste (I) 9:00AM - 10:00AM</p> <p>HEAL Pregnancy (V) 10:30AM-11:30AM and 5:30PM-6:30PM</p> <p>Zumba (H) 5:30PM-6:30PM</p>	<p>15 Live Stream Cooking Demonstration (H)- Victory Clinic 11:00AM-12:00PM</p>	<p>16 Mandala Coloring for Mindfulness (I) 10:00AM - 11:00AM</p>	<p>17 Mandala Coloring for Mindfulness (I) 10:00AM - 11:00AM</p>
20	<p>21 Reducing Food Waste (I) 9:00AM - 10:00AM</p> <p>Breathing Exercise (V) 9:30AM-10:00AM</p> <p>Zumba (H) 5:30PM-6:30PM</p>	22	23	24
27	<p>28 Reducing Food Waste (I) 9:00AM - 10:00AM</p> <p>Zumba (H) 5:30PM-6:30PM</p>	<p>29 Navigating the World of Medicare (V) 11:00AM-12:00PM</p>	30	 <p>Scan to register</p>

## December 2023- Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5 Meditation (V) 11:00AM -11:30AM Zumba (H) 5:30PM-6:30PM	6	Chair Yoga (H) 11:00AM-12:00PM	8
11 Walking at Home (V) 11:00AM-11:30AM	12 Zumba (H) 5:30PM-6:30PM	13 Live Stream Cooking Demonstration (H)- Rosenberg Clinic 11:00AM-12:00PM	14 Chair Yoga (H) 11:00AM-12:00PM	15
18	19 Breathing Exercise (V) 9:30AM-10:00AM Zumba (H) 5:30PM-6:30PM	20 Live Stream Cooking Demonstration (H)- Victory Clinic 11:00AM-12:00PM	21	22
25	26	27	28	29
				 Scan to register

## January 2024- Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8 Walking at Home (V) 11:00AM-11:30AM	9 Meditation (V) 11:00AM -11:30AM Zumba (H) 5:30PM-6:30PM	10	11 Chair Yoga (H) 11:00AM-12:00PM	12
15	16 Breathing Exercise (V) 9:30AM-10:00AM Zumba (H) 5:30PM-6:30PM	17	18	19
22 Walking at Home (V) 11:00AM-11:30AM	23 Zumba (H) 5:30PM-6:30PM	24	25 Chair Yoga (H) 11:00AM-12:00PM	26
29	30 Zumba (H) 5:30PM-6:30PM	31		Scan to register 

### **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.

### **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.

### **Mandala Coloring for Mindfulness**

Participants will explore a new stress reduction practice that incorporates mindfulness, music, and art in this 2 session series. You can attend this class in-person at UT Physicians Multispecialty Jensen (2620 E. Crosstimbers Street, Suite 100 Houston, TX 77093). To register, please scan the QR code or call Chelsea Greer at 713-486-3905.

### **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.

### **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.

### **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.

### **Walk with a Doc**

Join us for a morning of community as we walk and talk with International District's very own, Dr. Albert Heo! Dr. Heo will share information and be available for questions as we walk in Arthur Storey Park in Houston, TX. Please wear comfortable shoes! To register, please scan the QR code or call Alicia Sandoval Aviles at 713-486-3903.

### **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.

