



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**

January 2024- Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4 Urban Harvest Mobile Market (I) 10:00AM - 1:00PM	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 HEAL Infancy (V) 10:30AM-11:30AM And 5:30PM-6:30PM	18	19
22 Walking at Home (V) 11:00AM-11:30AM	23 A Fresh Start to a Healthier You (I) 11:00AM - 12:00PM Zumba (H) 5:30PM-6:30PM	24 HEAL Infancy (V) 10:30AM-11:30AM And 5:30PM-6:30PM	25 Chair Yoga (H) 11:00AM-12:00PM	26
29 Walking at Home (V) 11:00AM-11:30AM	30 A Fresh Start to a Healthier You (I) 11:00AM - 12:00PM Zumba (H) 5:30PM-6:30PM	31 HEAL Infancy (V) 10:30AM-11:30AM And 5:30PM-6:30PM	Scan to register 	

February 2024- Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Urban Harvest Mobile Market (I) 10:00AM - 1:00PM	2
5 Walking at Home (V) 11:00AM-11:30AM	6 A Fresh Start to a Healthier You (I) 11:00AM - 12:00PM Zumba (H) 5:30PM-6:30PM	7 HEAL Infancy (V) 10:30AM-11:30AM And 5:30PM-6:30PM ADHD Workshop for Families (V) 1:00PM-2:00PM	8 Chair Yoga (H) 11:00AM-12:00PM	9
12	13 A Fresh Start to a Healthier You (I) 9:00AM - 10:00AM Meditation (V) 11:00AM -11:30AM Anxiety Workshop for Families (V) 1:00pm-2:00pm Zumba (H) 5:30PM-6:30PM	14 HEAL Infancy (V) 10:30AM-11:30AM And 5:30PM-6:30PM	15 Your Health Matters: Eating Healthy Portions (V) 1:00PM - 2:00PM	16
19 Walking at Home (V) 11:00AM-11:30AM	20 Breathing Exercise (V) 9:30AM-10:00AM Anxiety Workshop for Families (V) 1:00pm-2:00pm Zumba (H) 5:30PM-6:30PM	21 Understanding Medicaid (V) 11:00AM-12:00PM ADHD Workshop for Families (V) 1:00PM-2:00PM	22 Chair Yoga (H) 11:00AM-12:00PM	23
26	27 Anxiety Workshop for Families (V) 1:00pm-2:00pm Zumba (H) 5:30PM-6:30PM	28 ADHD Workshop for Families (V) 1:00PM-2:00PM	29 Dining with Wellness: Tips for Healthy Eating When Eating Out (V) 1:00PM - 2:00PM	Scan to register 

March 2024- Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 Walking at Home (V) 11:00AM-11:30AM	5 Meditation (V) 11:00AM -11:30AM Anxiety Workshop for Families (V) 1:00pm-2:00pm Zumba (H) 5:30PM-6:30PM	6 Core Connections (V) 11:00AM - 12:00PM ADHD Workshop for Families (V) 1:00PM-2:00PM	7 Chair Yoga (H) 11:00AM-12:00PM Urban Harvest Mobile Market (I) 10:00AM - 1:00PM	8 MD Anderson Colorectal Cancer Presentation: It's More Common Than You Think (V) 11:00AM-12:00PM
11	12 Zumba (H) 5:30PM-6:30PM	13 Core Connections (V) 11:00AM - 12:00PM	14	15
18 Walking at Home (V) 11:00AM-11:30AM	19 Breathing Exercise (V) 9:30AM-10:00AM Zumba (H) 5:30PM-6:30PM	20 Understanding Medicaid (V) 11:00AM-12:00PM Core Connections (V) 11:00AM - 12:00PM	21 Chair Yoga (H) 11:00AM-12:00PM	22
25	26 Healthy Bites, Healthy Moves (V) 1:00PM - 2:00PM Zumba (H) 5:30PM-6:30PM	27 Navigating the World of Insurance (V) 11:00AM-12:00PM Core Connections (V) 11:00AM - 12:00PM	28 Healthy Bites, Healthy Moves (V) 1:00PM - 2:00PM	29 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.

Anxiety Workshop for Families

Join our team of experts and learn more about Anxiety and how to best manage it at home and school through 4 virtual sessions. Participants will meet with medical and mental health professionals and have the opportunity to have questions answered by the experts. To register, please scan the QR code or call Alicia Sandoval Aviles at 713-486-3903.

A Fresh Start to a Healthier You

This 4 session in-person series teaches the importance of healthy nutrition with an emphasis on increasing fruit and vegetable intake, physical activity, food safety, and food resource management. *This class is in person 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.

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.

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 with Wellness: Tips for Healthy Eating When Eating Out

Discover the secrets to maintaining a healthy diet even when dining out! Join our Dining with Wellness class for practical tips and insights into making healthier choices at your favorite restaurants. To register, please scan the QR code or call Chelsea Greer at 713-486-390

Healthy Bites, Healthy Moves

Participants will learn about healthy eating (MyPlate), family meal planning, budgeting at the store, food safety, and the importance of physical activity in this 8 session series. 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.

Urban Harvest Mobile Market

Join us to elevate your health by visiting the Urban Harvest Mobile Market. Fresh and affordable produce is now available directly in your community! You can attend this market the first Thursday of the month at UT Physicians Multispecialty Greens Clinic (550 Greens Parkway, Suite 150, Houston, TX 77067-4503). To register, please scan the QR code or call Chelsea Greer at 713-486-3905.

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.

Your Health Matters: Eating Healthy Portions

Learn expert tips and tools for mastering portion control, not only to achieve a healthy weight but also to reduce your risk for various cancers. To register, please scan the QR code or call Chelsea Greer at 713-486-3905.

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.

