





Thank you for supporting UT Physicians Wellness Programs.

All classes are offered at no cost. Classes are offered virtually, in-person, and hybrid.

<u>Everyone is welcome to attend</u>. 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 locatio



March 2024- Wellness Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------------------|--------------------------------------------------------|-------------------------------------------------------------|--------------------------------------------------------|----------------------------------------------------------------------------|
| | | | | 1 |
| 4 | 5 | 6 | 7 | 8 |
| Walking at Home (V) 11:00AM-11:30AM | Meditation (V) 11:00AM -11:30AM | ADHD Workshop for Families (V) | Urban Harvest Mobile Market (I) | MD Anderson Colorectal Cancer |
| 11.00AIII-11.00AIII | Anxiety Workshop for Families (V) 1:00pm-2:00pm | 1:00PM-2:00PM | 10:00AM - 1:00PM | Presentation: It's More Common Than You Think (V) 11:00AM-12:00PM |
| | Zumba (H) 5:30PM-6:30PM | | | 7773074III 12.001 III |
| 11 | 12 7b. (1) | 13 | 14 | 15 |
| | Zumba (H) 5:30PM-6:30PM | Core Connections (V) 11:00AM - 12:00PM | Chair Yoga (H) 11:00AM-12:00PM | |
| | | | | |
| 18 | 19 | 20 | 21 | 22 |
| Walking at Home (V) 11:00AM-11:30AM | Breathing Exercise (V) 9:30AM-10:00AM | Understanding Medicaid (V) 11:00AM-12:00PM | | |
| | Walk with a Doc (I) 3:30PM-4:30PM | Core Connections (V) 11:00AM - 12:00PM | | |
| | Zumba (H) 5:30PM-6:30PM | | | |
| 25 | 26 | 27 | 28 | 29 Scan to register |
| | Healthy Bites, Healthy Moves (V) 1:00PM - 2:00PM | Navigating the World of Insurance (V) 11:00AM-12:00PM | Chair Yoga (H) 11:00AM-12:00PM | 国数数范围 |
| | Zumba (H) 5:30PM-6:30PM | Core Connections (V) 11:00AM - 12:00PM | Healthy Bites, Healthy Moves (V) 1:00PM - 2:00PM | |



April 2024- Wellness Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------------------|--------------------------------------------------------------------------------|-------------------------------------------|--------------------------------------------------------|-----------------------------------------|
| 1 | 2 | 3 | 4 | 5 |
| | Meditation (V) 11:00AM -11:30AM | Core Connections (V) 11:00AM - 12:00PM | Urban Harvest Mobile Market (I) 10:00AM - 1:00PM | |
| | Healthy Bites, Healthy Moves (V) 1:00PM - 2:00PM | | Houston Food Bank Cooking Demonstration (I) | |
| | Zumba (H) 5:30PM-6:30PM | | 11:00AM - 12:00PM Healthy Bites, Healthy Moves (V) | |
| | 9 | 10 | 1:00PM - 2:00PM | |
| Walking at Home (V) 11:00AM-11:30AM | A Fresh Start to a Healthier You (I) 11:00AM - 12:00PM Healthy Bites, | Core Connections (V) 11:00AM - 12:00PM | Healthy Bites, Healthy Moves (V) 1:00PM - 2:00PM | 12 |
| | Healthy Moves (V) 1:00PM - 2:00PM | | Chair Yoga (H) 11:00AM-12:00PM | |
| | Zumba (H) 5:30PM-6:30PM | | | |
| 15 | 16 | 17 | 18 | 19 |
| | Breathing Exercise (V) 9:30AM-10:00AM | Core Connections (V) | Mandala Coloring for Mindfulness (I) | Mandala Coloring for Mindfulness (I) |
| | A Fresh Start to a Healthier You (I) 11:00AM - 12:00PM | 11:00AM - 12:00PM | 11:00AM - 12:00PM | 11:00AM - 12:00PM |
| | Healthy Bites, Healthy Moves (V) 1:00PM - 2:00PM | | Healthy Bites, Healthy Moves (V) 1:00PM - 2:00PM | |
| | Zumba (H) 5:30PM-6:30PM | | | |
| 22 | 23 | 24 | 25 | 26 |
| Walking at Home (V) 11:00AM-11:30AM | A Fresh Start to a Healthier You (I) 11:00AM - 12:00PM | Core Connections (V) 11:00AM - 12:00PM | Chair Yoga (H) 11:00AM-12:00PM | |
| | Zumba (H) 5:30PM-6:30PM | | | |
| 29 | 30 | | | Ones to the |
| | A Fresh Start to a Healthier You (I) 11:00AM - 12:00PM | | | Scan to register |
| | 11:00AM - 12:00PM Zumba (H) 5:30PM-6:30PM | | | |



May 2024- Wellness Calendar

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|------------------|-------------------------------------------------------------|---------------------------------------------------------------------------------|-----------------------------------------------------------------------|--------|
| Friday | Thursday | Wednesday | Tuesday | Monday |
| 3 | 2 Urban Harvest Mobile Market (I) 10:00AM - 1:00PM | 1 | | |
| 10 | 9 Chair Yoga (H) 11:00AM-12:00PM | Livestream Cooking Demonstration- Rosenberg Clinic (H) 11:00AM-12:00PM | 7 Meditation (V) 11:00AM -11:30AM Zumba (H) 5:30PM-6:30PM | 6 |
| 17 | 16 Diabetes 101: Spanish (V) 11:00AM-12:00PM | 15 | Zumba (H) 5:30PM-6:30PM | 13 |
| 24 | 23 Chair Yoga (H) 11:00AM-12:00PM | Livestream Cooking Demonstration- Victory Clinic (H) 11:00AM-12:00PM | Zumba (H) 5:30PM-6:30PM | 20 |
| 31 | 30 | 29 | 28 Zumba (H) 5:30PM-6:30PM | 27 |
| 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. <u>To register, please scan the QR code or call Alicia Sandoval Aviles at 713-486-3903.</u>

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. <u>To register, please scan the QR code or call Alicia Sandoval Aviles at 713-486-3903.</u>

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. This class is offered virtually or 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.

Core Connections- Chronic Disease Self- Management Program (English and Spanish)

This 7-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.

Diabetes 101 (Spanish)

Learn more about diabetes basics and how to manage diabetes during this one hour virtual class led by experts at the Diabetes Awareness and Wellness Network. To register, please scan the QR code or call Alicia Sandoval Aviles at 713-486-3903.

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.

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 Rosenberg (5115 Avenue H, Suite 701, Rosenberg, TX 77471). To register, please scan the QR code or call Shanice Johnson at 713-486-3904.

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. <u>To register, please scan the QR code or call Shanice Johnson at 713-486-3904.</u>

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. <u>To register, please scan the QR code or call Alicia Sandoval Aviles at 713-486-3903.</u>

Walk with a Doc

Join your provider and clinic staff for a walk in a local park! Provider will share health information and then join the group for a 20 minute walk. Families, friends, and pets are welcome! <u>To register, please scan the QR code or call Chelsea Greer at 713-486-3905</u>

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. <u>To register, please scan the QR code or call Chelsea Greer at 713-486-3905.</u>

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.

