



 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.**

## May 2024- Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1  Livestream Cooking Demonstration- Rosenberg Clinic (H) 11:00AM-12:00PM	2  Urban Harvest Mobile Market (I) 10:00AM - 1:00PM  Your Health Matters: Eating Healthy Portions (V) 1:00PM - 2:00PM	3
6 Walking at Home (V) 11:00AM-11:30AM	7  Anxiety Workshop for Families (V) 1:00PM-2:00PM  Zumba (H) 5:30PM-6:30PM	8	9  Your Health Matters: Eat More Fruits & Vegetables (V) 1:00PM - 2:00PM	10
13	14  Meditation (V) 11:00AM -11:30AM  Anxiety Workshop for Families (V) 1:00PM-2:00PM  Zumba (H) 5:30PM-6:30PM	15  Livestream Cooking Demonstration- Victory Clinic (H) 11:00AM-12:00PM	16  Chair Yoga (H) 11:00AM-12:00PM  Your Health Matters: Active Lifestyle (V) 1:00PM - 2:00PM	17
20  Walking at Home (V) 11:00AM-11:30AM	21  Breathing Exercise (V) 9:30AM-10:00AM  Zumba (H) 5:30PM-6:30PM	22  Understanding Medicaid (V) 11:00AM-12:00PM	23  Your Health Matters: Understand & Prevent Cancer (V) 1:00PM - 2:00PM	24
27	28  Zumba (H) 5:30PM-6:30PM	29	30  Chair Yoga (H) 11:00AM-12:00PM	31
				 Scan to register

## June 2024- Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Walking at Home (V) 11:00AM-11:30AM</p> <p>Gardening Workshop (I) 1:30PM-2:30PM</p>	<p>4</p> <p>Zumba (H) 5:30PM-6:30PM</p>	<p>5</p> <p>Livestream Cooking Demonstration- Rosenberg Clinic (H) 11:00AM-12:00PM</p>	<p>6</p> <p>Urban Harvest Mobile Market (I) 10:00AM - 1:00PM</p>	<p>7</p>
<p>10</p> <p>Gardening Workshop (I) 1:30PM-2:30PM</p>	<p>11</p> <p>Meditation (V) 11:00AM -11:30AM</p> <p>Zumba (H) 5:30PM-6:30PM</p>	<p>12</p>	<p>13</p> <p>Chair Yoga (H) 11:00AM-12:00PM</p>	<p>14</p>
<p>17</p> <p>Walking at Home (V) 11:00AM-11:30AM</p> <p>Gardening Workshop (I) 1:30PM-2:30PM</p>	<p>18</p> <p>Breathing Exercise (V) 9:30AM-10:00AM</p> <p>Zumba (H) 5:30PM-6:30PM</p>	<p>19</p>	<p>20</p> <p>Chair Yoga (H) 11:00AM-12:00PM</p>	<p>21</p>
<p>24</p> <p>Gardening Workshop (I) 1:30PM-2:30PM</p>	<p>25</p> <p>Zumba (H) 5:30PM-6:30PM</p>	<p>26</p> <p>Navigating the World of Insurance (V) 11:00AM-12:00PM</p> <p>Livestream Cooking Demonstration- Victory Clinic (H) 11:00AM-12:00PM</p>	<p>27</p>	<p>28</p>
				 <p>Scan to register</p>

## July 2024- Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Meditation (V) 11:00AM -11:30AM  Zumba (H) 5:30PM-6:30PM	3	4	5
8 Walking at Home (V) 11:00AM-11:30AM  Gardening Workshop (I) 1:30PM-2:30PM	9 HEAL Pregnancy (V) 10:30AM and 5:30PM  Zumba (H) 5:30PM-6:30PM	10 Livestream Cooking Demonstration- Rosenberg Clinic (H) 11:00AM-12:00PM	11 Urban Harvest Mobile Market (I) 10:00AM - 1:00PM  Chair Yoga (H) 11:00AM-12:00PM	12
15 Gardening Workshop (I) 1:30PM-2:30PM	16 Breathing (V) 9:30AM-10:00AM HEAL Pregnancy (V) 10:30AM and 5:30PM  Zumba (H) 5:30PM-6:30PM	17 Livestream Cooking Demonstration- Victory Clinic (H) 11:00AM-12:00PM	18	19
22 Walking at Home (V) 11:00AM-11:30AM	23 HEAL Pregnancy (V) 10:30AM and 5:30PM  Zumba (H) 5:30PM-6:30PM	24 Livestream Cooking Demonstration- Victory Clinic (H) 11:00AM-12:00PM	25 Chair Yoga (H) 11:00AM-12:00PM	26
29	30 HEAL Pregnancy (V) 10:30AM and 5:30PM  Zumba (H) 5:30PM-6:30PM	31	 Scan to register	

### **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. 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.

### **Cooking Demonstrations Livestream**

Join our registered dietician 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.

### **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.

### **Gardening Workshop**

Join Texas A&M AgriLife Extension for a 6 week gardening workshop. You will learn about raised beds and container gardening, soils and compost, and how to use seeds and transplants. Participants will receive a free gardening item at each class! *This 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 713-486-3973.

### **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. 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 Series**

Participants will Learn expert tips and tools for mastering portion control, increasing fruit and vegetable intake, incorporating physical activity into their everyday lives, and more information about colorectal and breast cancer in this 4-session series to reduce their risk of cancer. Participants that complete the entire series will receive a certificate and \$25 gift card. 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.

