



 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.**


July 2024- Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Zumba (H) 5:30PM-6:30PM	3	4	5
8 Walking at Home (V) 11:00AM-11:30AM	9 Meditation (V) 11:00AM -11:30AM 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	16 Breathing Exercises (V) 9:30AM-10:00AM HEAL Pregnancy (V) 10:30AM and 5:30PM Zumba (H) 5:30PM-6:30PM	17	18 Mandala Coloring for Mindfulness (I) 11:00AM - 12:00PM	19 Mandala Coloring for Mindfulness (I) 11:00AM - 12:00PM
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

August 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 Meditation (V) 11:00AM -11:30AM HEAL Pregnancy (V) 10:30AM and 5:30PM Zumba (H) 5:30PM-6:30PM	7 Livestream Cooking Demonstration- Rosenberg Clinic (H) 11:00AM-12:00PM	8 Chair Yoga (H) 11:00AM-12:00PM	9
12	13 Zumba (H) 5:30PM-6:30PM	14	15	16
19 Walking at Home (V) 11:00AM-11:30AM	20 Breathing Exercises (V) 9:30AM-10:00AM Zumba (H) 5:30PM-6:30PM	21 Livestream Cooking Demonstration- Victory Clinic (H) 11:00AM-12:00PM	22 Chair Yoga (H) 11:00AM-12:00PM Introduction to Gardening (I) 2:00PM-3:00PM	23
26	27 Zumba (H) 5:30PM-6:30PM	28	29	30
				Scan to register 

September 2024- Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 Walking at Home (V) 11:00AM-11:30AM	3 Meditation (V) 11:00AM -11:30AM Zumba (H) 5:30PM-6:30PM	4 Livestream Cooking Demonstration- Rosenberg Clinic (H) 11:00AM-12:00PM	5 Urban Harvest Mobile Market (I) 10:00AM - 1:00PM	6
9	10 Zumba (H) 5:30PM-6:30PM	11	12 Chair Yoga (H) 11:00AM-12:00PM	13
16 Walking at Home (V) 11:00AM-11:30AM	17 Breathing Exercises (V) 9:30AM-10:00AM Zumba (H) 5:30PM-6:30PM	18 Livestream Cooking Demonstration- Victory Clinic (H) 11:00AM-12:00PM	19	20
23	24 Zumba (H) 5:30PM-6:30PM	26	26 Chair Yoga (H) 11:00AM-12:00PM	27
30				
				Scan to register 

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.

Financial Empowerment

This 4 session virtual series enhances financial skills and decision making. To register, please scan the QR code or call Shanice Johnson at 713-486-3904.

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! To register, please scan the QR code or call Natalia Williams at 713-486-3973.

HEAL Pregnancy

This is a 5 session virtual program led by our registered dietician. Participants will learn how to maintain a healthy lifestyle while pregnant. Join us to learn more about healthy weight gain during pregnancy, attend virtual cooking demos, and practice self-care during pregnancy. To register, please scan the QR code or call Alicia Sandoval Aviles at 713-486-3903.

Introduction to Gardening

Join us in person to learn basic gardening techniques. Participants will plant a seed in a container garden and take it home. You can attend this class in-person at *UT Physicians Multispecialty Jensen (2620 E. Crosstimbers St. Houston, TX 77093)* To register, please scan the QR code or call Natalia Williams at 713-486-3873.

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.

Navigating the World of Insurance

This one hour session is open for all to learn the ins and outs of insurance. Up-to-date information, common terms, and resources will be shared. 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.

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 Alicia Sandoval Aviles at 713-486-3903.

