



 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.**

## September 2024- Wellness Calendar

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

## October 2024- Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 HEAL Infancy (V) 10:30AM and 5:30PM Meditation (V) 11:00AM -11:30AM Zumba (H) 5:30PM-6:30PM	2 Livestream Cooking Demonstration- Rosenberg Clinic (H) 11:00AM-12:00PM	3 Urban Harvest Mobile Market (I) 10:00AM - 1:00PM	4
7	8 HEAL Infancy (V) 10:30AM and 5:30PM Zumba (H) 5:30PM-6:30PM	9 ADHD Workshop (V) 1:00PM-2:00PM	10 Chair Yoga (H) 11:00AM-12:00PM	11
14 Walking at Home (V) 11:00AM-11:30AM	15 HEAL Infancy (V) 10:30AM and 5:30PM Zumba (H) 5:30PM-6:30PM	16 Livestream Cooking Demonstration- Victory Clinic (H) 11:00AM-12:00PM	17	18
21	22 Breathing Exercises (V) 9:30AM-10:00AM HEAL Infancy (V) 10:30AM and 5:30PM Zumba (H) 5:30PM-6:30PM	23 ADHD Workshop (V) 1:00PM-2:00PM	24 Chair Yoga (H) 11:00AM-12:00PM	25
28 Internet Safety for Families (V) 10:00AM-11:00AM Walking at Home (V) 11:00AM-11:30AM	29 HEAL Infancy (V) 10:30AM and 5:30PM Zumba (H) 5:30PM-6:30PM	30 ADHD Workshop (V) 1:00PM-2:00PM	31	
				Scan to register 

## November 2024- Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 Internet Safety for Families (V) 10:00AM-11:00AM Walking at Home (V) 11:00AM-11:30AM	5 Meditation (V) 11:00AM -11:30AM Zumba (H) 5:30PM-6:30PM	6 Livestream Cooking Demonstration- Rosenberg Clinic (H) 11:00AM-12:00PM ADHD Workshop (V) 1:00PM-2:00PM	7 Urban Harvest Mobile Market (I) 10:00AM - 1:00PM	8
11 Internet Safety for Families (V) 10:00AM-11:00AM	12 Zumba (H) 5:30PM-6:30PM	13	14 Chair Yoga (H) 11:00AM-12:00PM	15
18 Internet Safety for Families (V) 10:00AM-11:00AM Walking at Home (V) 11:00AM-11:30AM	19 Breathing Exercises (V) 9:30AM-10:00AM Zumba (H) 5:30PM-6:30PM	20 Livestream Cooking Demonstration- Victory Clinic (H) 11:00AM-12:00PM	21 Chair Yoga (H) 11:00AM-12:00PM	22
25	26 Zumba (H) 5:30PM-6:30PM	27	28	29
				Scan to register 

### **ADHD Workshop for Families**

This 4 week workshop taught by UT Physicians experts will cover What is ADHD, therapeutic interventions, school-based interventions, and medication management for children with ADHD. To register, please scan the QR code or call Andrea Berry at 713-486-3905.

### **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 Andrea Berry at 713-486-3905.

### **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 & Infancy**

This is a 5 session virtual program led by our registered dietitian. Participants will learn how to maintain a healthy lifestyle during the pregnancy and the infancy stage. 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 Natalia Williams at 713-486-3873.

### **Internet Safety for Families**

Participants will hear presentations on social media safety for children, how to avoid financial scams online, and tips on how to have difficult conversations with your children about internet safety. To register, please scan the QR code or call Shanice Johnson at 713-486-3904.

### **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.

### **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)*.

### **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 Andrea Berry 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 Andrea Berry at 713-486-3905.