



 **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.**


March 2025- Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Meditation (V) 11:00AM -11:30AM Understanding Medicaid (V) 11:00AM-12:00PM Zumba (H) 5:30PM-6:30PM Diabetes & Nutrition 101 (I) 5:30PM-7:30PM	5 Livestream Cooking Demonstration- Rosenberg Clinic (H) 11:00AM-12:00PM	6	7
10	11 Zumba (H) 5:30PM-6:30PM	12	13 Chair Yoga (H) 11:00AM-12:00PM	14
17	18 Mandala Coloring for Mindfulness (I) 10:00AM - 11:00AM Zumba (H) 5:30PM-6:30PM	19 Mandala Coloring for Mindfulness (I) 10:00AM - 11:00AM Livestream Cooking Demonstration- Victory Clinic (H) 11:00AM-12:00PM	20 Chair Yoga (H) 11:00AM-12:00PM	21
24	25 Zumba (H) 5:30PM-6:30PM	26	27 Chair Yoga (H) 11:00AM-12:00PM	28
31				Scan to register 

April 2025- Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Meditation (V) 11:00AM -11:30AM Zumba (H) 5:30PM-6:30PM	2 Livestream Cooking Demonstration- Rosenberg Clinic (H) 11:00AM-12:00PM	3 MyHealthy Plate Bingo Greens Clinic (I) 11:00AM - 12:00PM	4 Financial Empowerment Series (V) 10:00AM - 11:00AM
7	8 Zumba (H) 5:30PM-6:30PM Diabetes & Nutrition 101 (I) 5:30PM-7:30PM	9	10 Chair Yoga (H) 11:00AM-12:00PM	11 Financial Empowerment Series (V) 10:00AM - 11:00AM
14	15 Mandala Coloring for Mindfulness (I) 10:00AM - 11:00AM Zumba (H) 5:30PM-6:30PM	16 Livestream Cooking Demonstration- Victory Clinic (H) 11:00AM-12:00PM Mandala Coloring for Mindfulness (I) 10:00AM - 11:00AM ADHD Workshop for Families (V) 1:00PM-2:00PM	17 Chair Yoga (H) 11:00AM-12:00PM	18 Financial Empowerment Series (V) 10:00AM - 11:00AM
21	22 Zumba (H) 5:30PM-6:30PM	23 Dollar Store Dining (V) 11:00AM-12:00PM ADHD Workshop for Families (V) 1:00PM-2:00PM	24 Chair Yoga (H) 11:00AM-12:00PM	25 Financial Empowerment Series (V) 10:00AM - 11:00AM
28	29 Zumba (H) 5:30PM-6:30PM	30 ADHD Workshop for Families (V) 1:00PM-2:00PM		Scan to register 

May 2025- Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	<p style="text-align: right;">6</p> <p style="text-align: center;">Meditation (V) 11:00AM -11:30AM</p> <p style="text-align: center;">Zumba (H) 5:30PM-6:30PM</p> <p style="text-align: center;">Diabetes & Nutrition 101 (I) 5:30PM-7:30PM</p>	<p style="text-align: right;">7</p> <p style="text-align: center;">Livestream Cooking Demonstration- Rosenberg Clinic (H) 11:00AM-12:00PM</p> <p style="text-align: center;">ADHD Workshop for Families (V) 1:00PM-2:00PM</p>	<p style="text-align: right;">8</p> <p style="text-align: center;">Chair Yoga (H) 11:00AM-12:00PM</p> <p style="text-align: center;">The Truth About Tobacco and Vaping: What You Should Know (V) 11:00AM - 12:00PM</p>	9
12	<p style="text-align: right;">13</p> <p style="text-align: center;">Zumba (H) 5:30PM-6:30PM</p>	14	<p style="text-align: right;">15</p> <p style="text-align: center;">Chair Yoga (H) 11:00AM-12:00PM</p>	16
19	<p style="text-align: right;">20</p> <p style="text-align: center;">Mandala Coloring for Mindfulness (I) 10:00AM - 11:00AM</p> <p style="text-align: center;">Zumba (H) 5:30PM-6:30PM</p>	<p style="text-align: right;">21</p> <p style="text-align: center;">Mandala Coloring for Mindfulness (I) 10:00AM - 11:00AM</p> <p style="text-align: center;">Livestream Cooking Demonstration- Victory Clinic (H) 11:00AM-12:00PM</p>	<p style="text-align: right;">22</p> <p style="text-align: center;">Chair Yoga (H) 11:00AM-12:00PM</p>	23
26	<p style="text-align: right;">27</p> <p style="text-align: center;">Zumba (H) 5:30PM-6:30PM</p>	28	29	30
				<p>Scan to register</p> 

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 Carol Camper at 713-486-3903.

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

This 4-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 healthy eating habits. You can attend at *UT Physicians Multispecialty Jensen Clinic (2620 E. Crosstimbers St, Suite 100, Houston, TX 77093-8629)*. To register, please scan the QR code or call Carol Camper 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.

Diabetes and Nutrition 101

These monthly in-person sessions are a great way to learn about managing diabetes while spending time with others. The sessions are facilitated by a registered dietician and a certified diabetes care and education specialist. No registration is required and the group meets in the lobby. *You can attend this class in person at UT Physicians Bayshore Multispecialty-11476 Space Center Blvd, Suite 100, Houston, TX 77059.*

Dollar Store Dining

Participants learn how to shop for and cook budget-friendly meals using ingredients from the dollar store. Covers meal planning strategies, essential pantry items, and smart shopping techniques to maximize savings. Participants will learn how to choose nutritious options, read food labels, and create simple, affordable recipes. To register, please scan the QR code or call Andrea Berry at 713-486-3905.

Financial Empowerment Series:

This series is designed to equip you with the knowledge and tools needed to make informed financial decisions. You will learn about key topics such as understanding taxes, planning your finances for the future, building and improving credit, and navigating the banking system. To register, please scan the QR code or Shanice Johnson at 713-486-3904.

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.

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.

MyHealthy Plate Bingo

Participants will learn in a fun way about food groups, a variety of healthy foods on MyPlate, and suggested portion sizes. You can attend at *UT Physicians Multispecialty Jensen Clinic (2620 E. Crosstimbers St, Suite 100, Houston, TX 77093-8629)* or you can attend at *UT Physicians Multispecialty Greens Clinic (550 Greens Parkway, Suite 150, Houston, TX 77067-4503)*. To register, please scan the QR code or call Carol Camper at 713-486-3903.

The Truth About Tobacco and Vaping: What You Should Know

This virtual class educates participants that E-cigarette use is a major health concern. Cigarettes, JUULs and other electronic cigarettes are dangerous tobacco products that deliver addictive nicotine. Learn more about these products and how you can quit or help someone you know quit. To register, please scan the QR code or call Carol Camper 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 Andrea Berry at 713-486-3905.